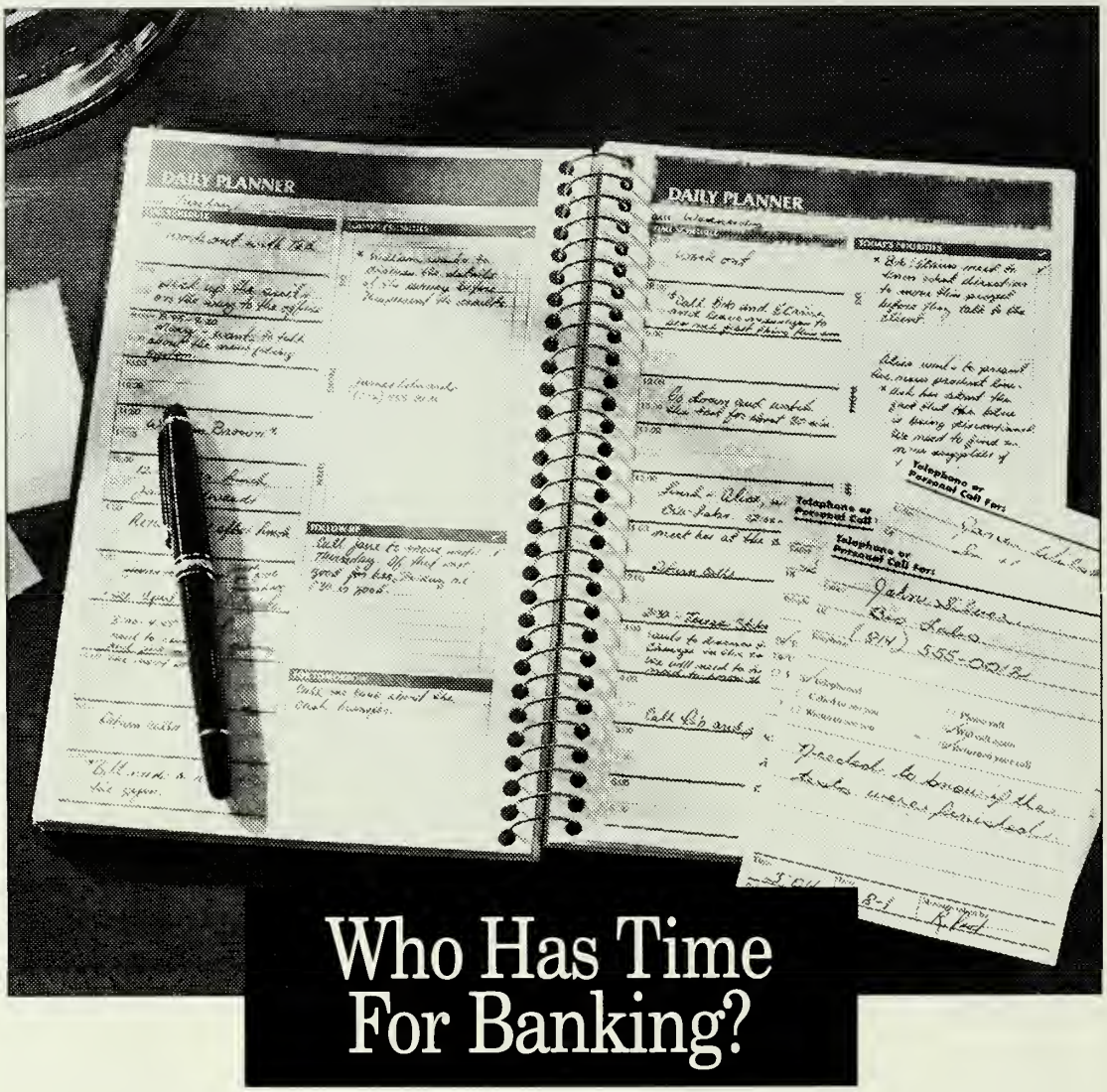
MEDICAL COLLEGE OF GEORGIA · GEORGIA'S HEALTH SCIENCES UNIVERSITY · 1828

Today

Volume 23, Number 1 Fall 1994

1993-1994 Annual Report



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Today

Volume 23, Number 1 Fall 1994

Introduction

1994 will certainly take its place in the history of the Medical College of Georgia as one of the university's most tangibly productive and successful years.

Perhaps the most significant overall accomplishment of the year is MCG's Generalist Physician Grant—a highly prestigious reflection of our commitment to produce second-to-none generalist physicians. The grant symbolizes this institution's ever-growing reputation as a nationwide player in the health-care arena.

This was also the year that MCG received the largest single grant in its history: a $12.1 million National Institutes of Health grant to fund research aimed at helping children with sickle cell anemia avoid a stroke. Also newsworthy this year was the unprecedented expansion of telemedicine, MCG's ground-breaking means of providing long-distance medical care.

Such news naturally and rightfully assumes center stage. But we at MCG are just as proud of the less dramatic measures of excellence that continually, without fanfare, define who we are. Every time a teacher walks into an MCG classroom, for instance, lives change as a result. The teacher's students become enlightened and invigorated, then move on to share their enthusiasm and expertise with the world. It's a vital, ongoing process that we never take for granted. Read about five of our teachers in this edition of *Medical College of Georgia Today*.

I also invite you to learn about university advancement at MCG: fund-raising, alumni affairs, public relations and every other aspect of enhancing the institution's image and spreading the word of its accomplishments. Dr. James B. Osborne, vice president for university advancement, discusses his staff's efforts and goals. He also persuasively points out that university advancement is the domain of everyone who cares about the institution, including alumni, students, faculty and friends. All of those groups have helped make MCG what it is today. And they all hold the key to MCG's future.

Sincerely,

Francis J. Tedesco

Francis J. Tedesco, M.D.
President, Medical College of Georgia

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Make your will work harder.

About the Cover

This photograph illustrates MCG's commitment to generalist education as evidenced by the university's receipt of a Robert Wood Johnson Generalist Physician Initiative grant.

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The Medical College of Georgia is the health sciences university of the University System of Georgia. Focusing on health-care education, research and patient care, the Augusta-based institution consists of MCG Hospital, more than 80 support clinics, statewide outreach programs and the Schools of Allied Health Sciences, Dentistry, Graduate Studies, Medicine and Nursing.

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MCG Awarded Generalist Grant

THE MEDICAL COLLEGE OF GEORGIA HAS BEEN AWARDED a $1.5 million grant from the Robert Wood Johnson Foundation to address the shortage of generalist physicians in the United States.

In 1992, the foundation selected MCG and 17 other U.S. medical schools from 83 applicants to develop and implement a plan to increase the number of generalist graduates, which include family medicine physicians, internal medicine physicians and general pediatricians. The foundation evaluated those 18 schools' plans this spring and chose to fund 14 of them, including MCG's.

"We're delighted to receive this award," said Dr. Francis J. Tedesco, president of MCG. "I believe it reinforces our commitment to be on the cutting edge of the changing health-education environment and to train the health-care providers that the state and nation need. I compliment the large number of faculty who worked so hard developing this plan."

Currently, about a third of U.S. physicians are generalists; the other two-thirds practice a non-generalist specialty or subspecialty. The country is aiming for a ratio of half generalists and half non-generalists.

"This is part of our effort to regain the needed balance of generalist physicians both in Georgia and in the United States," said Dr. Maurice Levy, associate dean for faculty development in the MCG School of Medicine. "I think this is a major achievement and will provide us with an opportunity to become a national leader in this area."

MCG's plan, called the Generalist Physician Initiative, seeks to identify, admit and support qualified medical school applicants who are likely to enter generalist practices, said Dr. Darrell G. Kirch, dean of the MCG School of Medicine and project director.

The curriculum has been tailored to emphasize the principles, concepts and skills of a generalist. For instance, all first-year medical students now receive clinical experience in a generalist's office. An outpatient-based preceptorship in a generalist practice is now required of fourth-year students.

Other components of the plan include:

- generalist residency training programs emphasizing ambulatory and community-based education;
- new collaborations with external partners to improve the practice environment for generalists; and
- formation of an Office of Generalist Education to facilitate groups involved in the Generalist Physician Initiative.

The plan, which will take several years to fully implement, should result in at least half of MCG's medical school graduates pursuing a generalist practice, Dr. Kirch said. The school admits 180 freshmen a year.

"The Robert Wood Johnson Foundation has clearly recognized that the relative shortage and maldistribution of generalists is one of the major obstacles to providing adequate health care to many Americans," Dr. Kirch said. "The awarding of this grant affirms the Medical College of Georgia's longstanding leadership role in training generalist physicians."

The award also is a testament to the statewide commitment to address the problem, he said. "MCG's plan includes partnerships extending far beyond MCG to other professional organizations in the state," Dr. Kirch said.

For instance, the State Medical Education Board will provide scholarships for MCG students committing to generalist medicine and will establish a debt-forgiveness program for those who agree to practice in designated underserved areas of the state, Dr. Levy said.

Dr. Ruth-Marie E. Fincher, associate dean for curriculum in the MCG School of Medicine, stressed that the Generalist Physician Initiative is simply a continuation of MCG's long-term commitment to training top-quality generalists.

"When I first read the (Robert Wood Johnson Foundation) grant proposal, it almost seemed as if they wrote it for us," she said. "This is the track we were already on. Needless to say, the grant will make it a lot easier to implement our ideas. This is one of the most exciting things that's happened at MCG in terms of undergraduate education since I've been here."

In three years, after a successful evaluation, the foundation will continue to support the initiative through a non-competitive three-year grant. ■

—CHRISTINE HURLEY DERISO

Grant to Fund Sickle Cell Research

THE MEDICAL COLLEGE OF GEORGIA HAS RECEIVED A $12.1 million grant from the National Institutes of Health to coordinate a North American study aimed at helping children with sickle cell anemia avoid a stroke.

For five years, 12 children's hospitals in the United States and Canada will follow 120 children with sickle cell disease ages 2 to 16 who are considered at highest risk for stroke. Half the children will get regular transfusions that dilute sickled hemoglobin in their blood; the rest will get standard care.

Children with sickle cell disease are 300 times more likely than other children to have a stroke during these peak development periods when the brain's demands for blood and oxygen are at their maximum, said Dr. Robert J. Adams, MCG neurologist specializing in strokes and principal investigator of the grant funded by the Sickle Cell Branch of the NIH's National Heart, Lung and Blood Institute. The risk of stroke for a sickle cell patient is lifelong, but highest during these peak development years.

Dr. Adams' group reported in the Feb. 27, 1992 edition of the *New England Journal of Medicine* a non-invasive method to identify children at increased risk for stroke. That study, also funded by the NIH, showed that transcranial Doppler examination, which uses ultrasound to measure blood flow rates, could pick up abnormal rates in children indicative of narrowed arteries that can lead to a stroke.

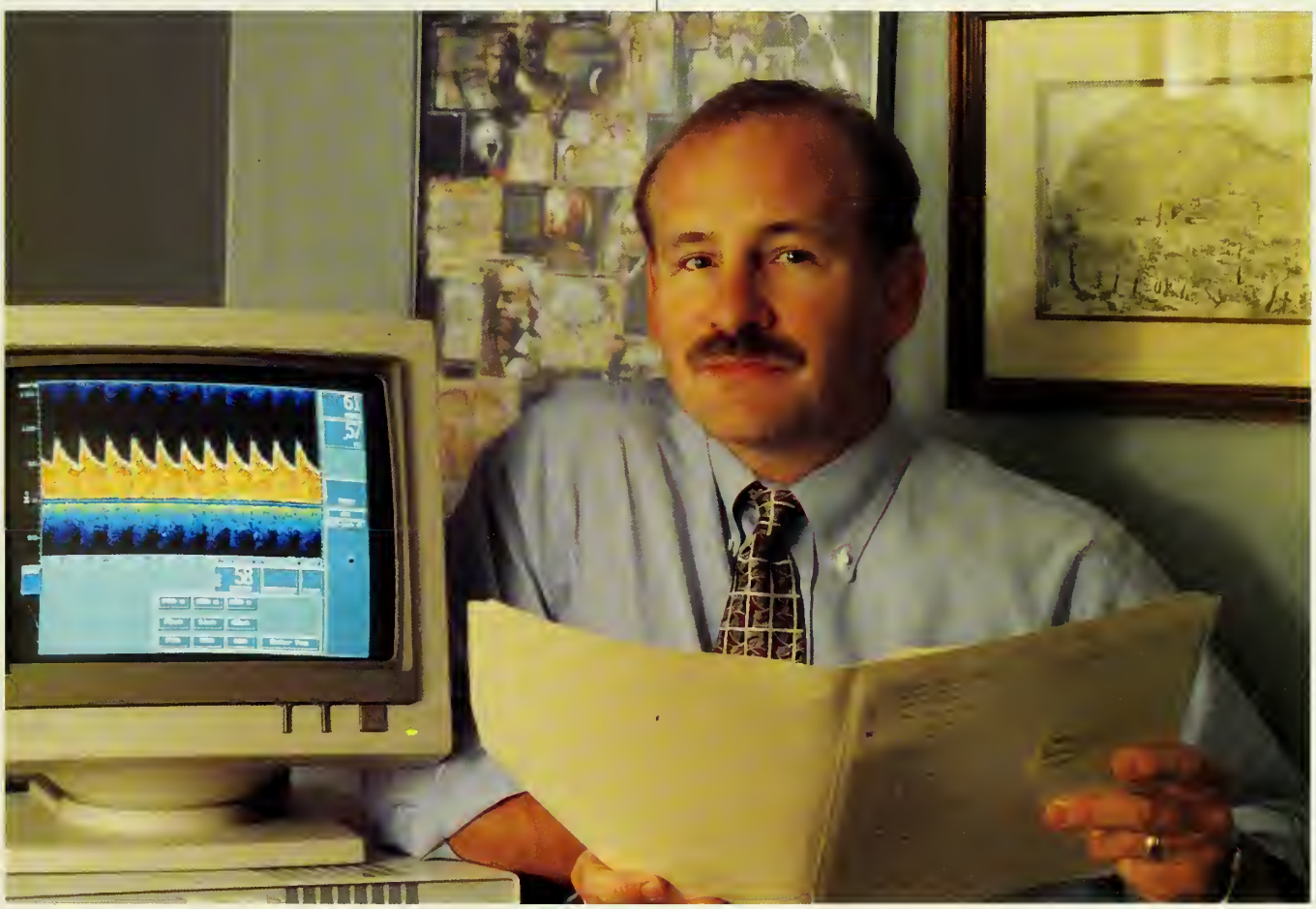
"The work that has been going on here has determined a predictive method which can identify a group of children who have a much-increased risk of stroke, somewhere between 1-in-2 and 1-in-4," Dr. Adams said.

Twenty years of experience have shown transfusions help prevent subsequent strokes in children who have already had one stroke.

This new NIH study, the largest research grant ever received by MCG, should determine if giving these high-risk children regular blood transfusions can reduce their risk of the first stroke, Dr. Adams said.

Researchers theorize that the narrowing of major blood vessels in the brain of sickle cell patients is caused by scarring that results when abnormally shaped cells continually pound against and accumulate on vessel walls.

Using transcranial Doppler studies, MCG doctors found in the study published in 1992 that children with brain blood flow mean velocities of 170 centimeters per second or more in one or more major arteries were at the threshold of highest risk for stroke and that their risk increased with



velocity. Normal blood flow speed in a child's developing brain is about 90 to 100 centimeters per second, about twice the speed of a normal adult. For the multicenter study, doctors will look for children with mean velocities of 200 or more, Dr. Adams said.

Children with sickle cell disease who have had a stroke are treated with monthly transfusions to avoid subsequent strokes, said Dr. Virgil McKie, pediatric hematologist-oncologist, director of the pediatric sickle cell clinic at the MCG Children's Medical Center and co-investigator of the study. "What it does is prevent patients from producing their own red blood cells, which contain sickle hemoglobin, so that it maintains their level of sickle hemoglobin somewhere in the range of 30 percent or less." Ordinarily, 90 percent of their hemoglobin is sickle hemoglobin. The randomized, multicenter trial use of transfusions will test the hypothesis that reducing sickle hemoglobin to 30 percent or less significantly reduces the risk of the first stroke in these high-risk children. Experience shows that without transfusion, children who have had one stroke have a 50 percent to 80 percent chance of having another; monthly transfusions reduce the risk of a second stroke to less than 10 percent.

Drs. McKie and Adams agree that although transfusion has potential risks, such as iron overload, its success in helping avoid second strokes makes it a logical treatment to prevent first strokes.

"I think the devastating effect of the stroke on a patient outweighs the potential and real risks of transfusion therapy," Dr. McKie said. "Everybody agrees that transfusion therapy is not nice and pleasant and not free of major morbidity. But the morbidity and mortality associated with untreated stroke is greater."

"The first order of business is getting stroke stopped as best we can, then looking for less-intensive therapies to do it," Dr. Adams said. "If this is successful, the next step would be to compare transfusion therapy to other therapies that might accomplish the same thing."

Strokes can result in partial paralysis and brain impairment. Some children recover most or all motor function; others end up in wheelchairs. Many learning disabilities caused by stroke tend to be permanent, Dr. Adams said. "Complete recovery is the exception, not the rule, both of motor and neuropsychological function," Dr. Adams said.

Dr. Fenwick T. Nichols III, MCG neurologist and stroke specialist, will head transcranial Doppler training efforts and Dr. Abdullah Kutlar, MCG hematologist-oncologist, will oversee the blood analysis laboratory for the multicenter study.

Hospitals participating in the study are Children's Hospital at the Medical University of South Carolina in Charleston, Rainbow Babies and Children's Hospital in Cleveland, Grady Memorial Hospital and Emory Clinic in Atlanta, Children's Hospital of Eastern North Carolina in Greenville, Babies Hospital of Columbia Presbyterian Hospital in New York, State University of New York Health Science Center at Brooklyn, The Hospital for Sick Children in Toronto, University of Miami Medical School, Children's Hospital of Oakland, Calif., St. Jude's Children's Research Hospital in Memphis, The Children's Mercy Hospital in Kansas City, Mo., and the MCG Children's Medical Center.

New England Research Institute in Boston will serve as the data coordinating center for the study.

—TONI BAKER

Telemedicine Expands

THE MEDICAL COLLEGE OF GEORGIA TELEMEDICINE Center has established a statewide network linking 59 health-care and correctional facilities that maximizes the care each facility offers as it reduces costs and improves convenience for patients.

That same network is being used by the federal Health Care Financing Administration to develop standards for this evolving mode of health-care delivery and as a role model for other states and countries working on similar systems.

Also, telemedicine has literally laid the groundwork for sweeping changes in education that could put doctors and other health-care providers in the classroom to teach children about staying healthy and enable Georgia's health-care providers to tap into a system that keeps them abreast of changes in their dynamic fields without leaving home.

These rapid strides toward addressing the complex issues of improving health care in rural America and reducing health-care costs fit hand-in-glove with MCG's role as Georgia's health science university, said Dr. Francis J. Tedesco, MCG president and the man who brought the concept to the Augusta campus.

His original plans have nearly been met for the system that uses a grouping of telephone lines and other off-the-shelf technology to enable long-distance patient examination.

With telemedicine, a doctor at a hub site, such as MCG Hospital, can work with a doctor in another city, helping examine a patient—looking inside his eyes and ears, listening to his heart, peering into his gastrointestinal tract—seeing essentially what the patient's own doctor sees.

"I wanted to network the entire state to elevate the ability for patients to get a higher level of consultative care through their primary care-giver without having to travel great distances," Dr. Tedesco said.

The program began in November 1991 with a 130-mile hook-up between MCG Hospital and Clinics and Dodge County Hospital in Eastman, Ga.

Today, telemedicine is a 59-member network of hospitals (including the two tertiary-care academic facilities of MCG Hospital and Emory University Hospital), outpatient clinics and maximum security prisons, sharing the talents of their health-care providers.

Experience with the Dodge County remote has shown 85 percent of the consultations enable patients to receive definitive care at home without having to travel by car or ambulance to some other city and hospital.

"It fits in perfectly with MCG's commitment to enhancing primary care-givers and with, long-term, what the federal government wants to do," Dr. Tedesco said. "The government is saying we need to create more generalists, less specialists. Telemedicine allows you to have more generalists and for them to feel more comfortable because they can be hooked up with specialists, but remotely," he said.

"What we have found with Dodge is very clear: the pri-

Telemedicine Pilot Project Locations

Telemedicine Hub Site
Telemedicine Remote Site

GSAMS Telemedicine Locations (Phase I)

Telemedicine Tertiary Hub Site
Telemedicine Secondary Hub Site
Telemedicine Remote Site

Georgia Statewide Academic and Medical System Locations

Medical College of Georgia, *Augusta*
- Augusta Correctional and Medical Institution, *Grovetown*
- Community Health Center, *Wrightsville*
- Dodge County Hospital, *Eastman*
- Emanuel County Hospital, *Swainsboro*
- Reidsville State Prison, *Reidsville*
- Georgia Diagnostic and Classification Center, *Jackson, Mobile*
- Men's Correctional Institution, *Hardwick*
- Metro Correctional Institution for Women, *Atlanta, Mobile*
- Tri-County Health Systems, Inc., *Warrenton*
- Rutledge Correctional Institution, *Columbus, Mobile*
- Southeast Health Unit, *Waycross*
- Valdosta Correctional Institute, *Valdosta, Mobile*
- Wills Memorial Hospital, *Washington*
- Phoebe Putney Memorial Hospital Nursery, *Albany*

Emory University Hospital, *Atlanta*
- Rockdale Hospital, *Conyers*
- Southern Regional Medical Center, *Riverdale*
- Tanner Medical Center, *Carrollton*

Columbus Regional Healthcare System, Inc., *Columbus*
- Meriwether Regional Hospital, *Warm Springs*
- Muscogee County Jail, *Columbus*
- Patterson Hospital, *Cuthbert*
- West Georgia Medical Center, *LaGrange*

Floyd Medical Center, *Rome*
- Chatooga County Hospital and Nursing Home, *Summerville*
- North Georgia Medical Association, *Taylorsville*
- Polk General Hospital, *Cedartown*

Hamilton Medical Center, Inc., *Dalton*
- Gordon Hospital, *Calhoun*
- North Georgia Family Physicians, *Ringgold*
- North Georgia Medical Center, *Ellijay*

John D. Archbold Memorial Hospital, *Thomasville*
- Brooks County Hospital, *Quitman*
- Grady General Hospital, *Cairo*
- Mitchell County Hospital, *Camilla*

Medical Center of Central Georgia, *Macon*
- Fairview Park Hospital, *Dublin*
- Houston Medical Center, *Warner Robins*
- Oconee Regional Medical Center, *Milledgeville*

Memorial Medical Center, Inc., *Savannah*
- Bulloch Memorial Hospital, *Statesboro*
- Liberty Memorial Hospital, *Hinesville*
- Wayne Memorial Hospital, *Jesup*

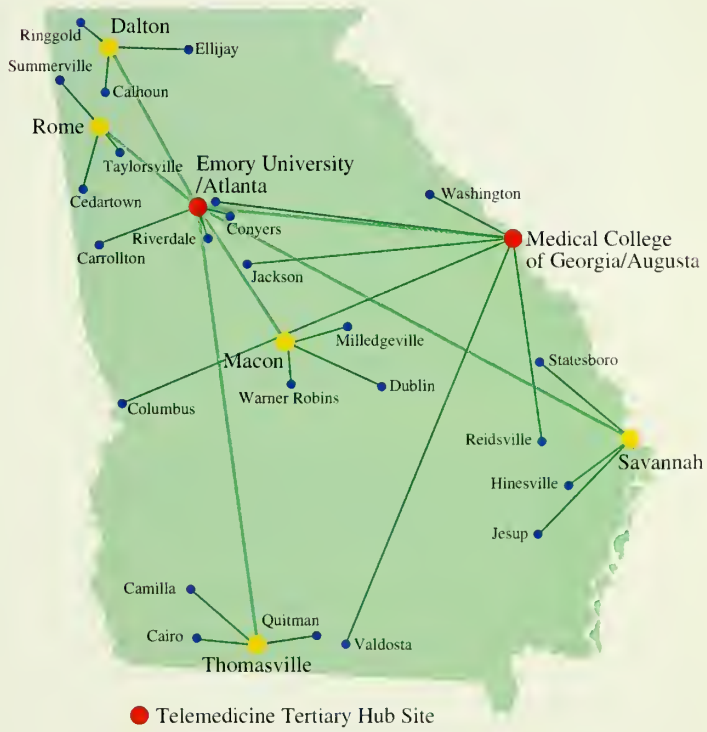
Northeast Georgia Medical Center, Inc., *Gainesville*
- Banks-Jackson-Commerce Medical Center, *Commerce*
- Habersham Medical Center, *Demorest*
- White County Neighborhood Healthcare Center, *Cleveland*

Phoebe Putney Memorial Hospital, *Albany*
- Calhoun Memorial Hospital, *Arlington*
- Colquitt Regional Medical Center, *Moultrie*
- Crisp Regional Hospital, *Cordele*
- Sumter Regional Hospital, *Americus*

Satilla Regional Medical Center, *Waycross*
- Appling General Hospital, *Baxley*
- Bacon County Hospital, *Alma*
- Charlton County Hospital, *Folkston*
- Clinch County Hospital, *Homerville*

Telemedicine Tertiary Hub Site
Telemedicine Secondary Hub Site
- Telemedicine Remote Site

GSAMS Telemedicine Locations (Phase II)



Telemedicine Tertiary Hub Site
Telemedicine Secondary Hub Site
- Telemedicine Remote Site

Left to right: Dr. Francis J. Tedesco, Laura Adams, Drs. Jay H. Sanders and Darrell G. Kirch

mary-care doctors in this rural community are actually expanding their practice because they are willing to take on more complex cases knowing that they have specialists who will be electronically giving them support," Dr. Tedesco said. "That was the concept in developing this."

Other concepts being developed include:

- Telemedicine house calls made possible by the same lines that bring cable television into the home. This allows patients with chronic health problems such as congestive heart failure or severe asthma to see health-care providers daily to ward off complications and avoid costly hospitalization.
- A system for nursing homes that allows daily monitoring of this at-risk population, again to nip a mounting health-care problem in the bud.
- A networking of hospitals providing extensive services for children. As a test site, the MCG Children's Medical Center has established a link with the neonatal intensive-care nursery at Phoebe Putney Memorial Hospital in Albany that enables pediatric cardiologists in Augusta to assess babies with potential heart problems in Albany.
- A networking of Georgia's public mental-health hospitals and community centers that would permit each to develop areas of expertise in the field and to share those skills.
- A networking of Georgia's prisons with the prison hospital, Augusta Correctional and Medical Institute, and with other hospitals as needed, to provide definitive care to prisoners without the safety risk and cost of transporting them.

"We are not only the most comprehensive statewide telemedicine system in the country from the standpoint of the number of sites, we are the most comprehensive from the various types of patient populations that we are dealing with," said Dr. Jay H. Sanders, the center's director.

"Health care suffers when it's isolated, when it's out of the mainstream of new knowledge, when it doesn't have access to special expertise in those cases where you need it," said Dr. Darrell G. Kirch, dean of the MCG School of Medicine. "This is just using the technology to fill those gaps. This is the information and electronic age yielding benefit for health care."

A common thread for these initiatives is to offer health-care services, and now health-care education as well, in the most timely and cost-efficient manner.

A Health Care Financing Administration grant will test the strength of that thread by providing the country with the first objective measure of telemedicine's impact on the accessibility, quality and cost of health care. Under terms of the $1.3 million dollar grant, the MCG Telemedicine Center will work with evaluators at the University of Michigan to examine the various aspects of this burgeoning approach to providing health care. Information gathered will be used by the Health Care Financing Administration in its evaluation of other states' telemedicine programs and in determining reimbursement for health-care services provided by those systems, Dr. Sanders said.

"In a few years, everybody will be doing telemedicine," Dr. Kirch said. "As an academic medical center, our mission now is evolving so that, just as we have been the leader in setting up a prototype network, we will now be leaders in research on the uses of the technology. In which cases is

it most effective in delivering care? Where does it save costs? Where might it end up increasing costs? How do patients respond? How do providers respond when asked to use it?"

All the activity in telemedicine also has spurred interest in distance learning. Southern Bell, in consultation with MCG and the state Department of Administrative Services, has networked an extensive system of telephone lines called Georgia Statewide Academic and Medical System, which will allow all telemedicine sites to communicate with each other and with distance-learning sites, Georgia's high schools, colleges, universities and select hospitals.

"(MCG faculty) can do site presentations. They can use overheads. They can present patients and do grand rounds (via) telemedicine," said Laura Adams, director of operations for the MCG Telemedicine Center. "You are not limited to another telemedicine site that can only hold 10 people. You can go to distance-learning sites in an area where all the hospitals and health clinics have been able to bring all of their physicians and other health-care providers into an auditorium to receive this information."

In fact, MCG's second telemedicine hub was designed with teaching in mind; the hub is a room in the hospital's Ambulatory Care Center with ample space for more than one doctor and a patient.

"The potential of this is enormous," Dr. Tedesco said. "What we are talking about is education without walls. It's possible that we can extend our educational capabilities to the citizens of Georgia without having to build buildings in every location, without having to hire teachers in every location. I think we have the ability to maximize health sciences education around the state in a way that young people in certain areas can get their education while residing in their communities and using the clinical training in their communities."

Funding to support the major telemedicine expansion and for distance learning initiatives comes from Georgia Senate Bill 144, The Distance Learning and Telemedicine Act of 1992, that makes $50 million available, approximately $40 million for distance learning and $10 million for telemedicine.

Dollars earmarked for telemedicine helped provide equipment upgrades for Georgia's existing telemedicine locations and for the original equipment and installation for newer sites, Mrs. Adams said. The funds also will pay half the monthly fees for transmission and equipment maintenance for the first two years for all telemedicine sites.

"Quite candidly, this would not have happened without the commitment and funding from the state," Dr. Sanders said. The technology has existed for years. "What made it happen was the fact that the state believed in it, the state said, 'Let's try it,' and then backed that with the appropriate funding and the commitment on the part of people." The state Department of Administrative Services and Southern Bell have been key players, he said.

"Medical care in this country is episodic, it's irregular," Dr. Sanders said. "It occurs at the wrong time. It waits until the patient gets sick rather than preventing the illness. When you realize that so many of the illnesses that we deal with in the elderly are illnesses that began when these people were very young, you begin to get a feel for how significant an impact we could make if we started at the right time. Telemedicine helps facilitate that. I think it will provide an incredible cost benefit to our society." ■

—TONI BAKER

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On a scale of one to 10, Virgil Swinney says he's a sleepy 7.

"As long as I have something to do, I won't be sleepy. But if I sit down and get comfortable, I'm asleep," says the 34-year-old old truck driver from Swainsboro, Ga.

"He slept a lot when we were dating, I know that," says Sandra Swinney, his wife of two years. "It used to make me mad, but I didn't say anything. He'd come to see me and go to sleep."

The young couple has turned to the Georgia Sleep Center at the Medical College of Georgia in search of a way to improve their nights and Mr. Swinney's days.

Dr. Bashir Chaudhary, pulmonologist and director of the Georgia Sleep Center, asks Mrs. Swinney how loudly her husband snores.

"It's loud. It's so loud," she says. Typically she goes into the living room until she's so sleepy she can't hold her eyes open, then drags herself back to their bed.

But when her husband's snoring stops, she worries his breathing has also stopped, so she pokes him to make him turn over or just watches him awhile.

As he continues his questions, it doesn't take Dr. Chaudhary long to figure out at least one of Mr. Swinney's problems. The official name is insufficient sleep syndrome; like many Americans, Mr. Swinney can't find enough time for sleep.

He hauls logs to paper mills and lumber mills, work that starts early and lasts late. Fifteen-hour days are common. After he gets home, eats and showers, he might get to bed between 10 p.m. and midnight; he gets up between 3 a.m. and 4 a.m. Snatched naps probably add another hour of sleep per day.

"He's not getting enough sleep. He's sleeping only four hours. Normally we require seven to eight hours," Dr. Chaudhary says.

The body needs four hours of deep sleep alone. The deepest is termed delta sleep. The other deep-sleep stage is rapid eye movement, during which muscle control is lost and dreaming occurs. "This is a protective mechanism. Your brain is going all over the world doing all sorts of things. But the body doesn't participate physically," Dr. Chaudhary says. The body craves either type of deep sleep and will try its best to get it. If you don't sleep

well one night, the next night's sleep might consist entirely of this deep sleep. "It's like a debt the body must collect," Dr. Chaudhary says.

He looks inside Mr. Swinney's mouth and finds a uvula that is about twice the size it should be and large tonsils that crowd his airway. "Sometimes tonsils are so big they are almost meeting each other. We call them kissing tonsils," Dr. Chaudhary says. Mr. Swinney never had a tonsillectomy as a child. For some patients with sleep problems, it may be time for that surgery.

Uvulectomy is another common procedure in which the portion of the soft palate that hangs down is removed. Some uvulas are so big they almost form a curtain at the back of the tongue, Dr. Chaudhary says.

In many patients, obesity contributes to or even causes a compromised airway. Problems with narrow airways worsen at night when muscles lose their tone. Narcotics and alcohol, which act as brain depressants, can make a bad problem worse.

Snoring can be the first indicator of a compromised airway, which causes sleepers to work harder to breathe through the narrow passage. Airway tissue vibrates in response to this effort. Sleep apnea, periods of breathing cessation, can result. When this occurs, the sleeper is roused for the three or four seconds needed to resume breathing. (It takes about 15 seconds for the brain to become fully conscious.) Some patients seen at the Georgia Sleep Center have these brief episodes 300 or 400 times each night. In babies, sleep apnea can cause Sudden Infant Death Syndrome. Sleep apnea—which affects about 4 percent of the population, making it more common than bronchial asthma—likely is the culprit for many people who die unexpectedly in their sleep, Dr. Chaudhary said.

More commonly, sleep apnea interferes with quality of life, leaving adult patients lethargic and children irritable and hyperactive. Hypersomnolence, excessive daytime sleepiness, is one daytime manifestation of this problem as people unwittingly fall asleep in meetings, during conversations, while driving or at any other time. Cataplexy, a sudden inability to move a part of the body, can result as the body experiences the loss of muscle tone that is normal during deep sleep. Narcolepsy is another uncontrolled daytime intrusion of REM sleep activity resulting in sleepiness and paralysis.

Another problem that hinders good sleep for patients and partners is nocturnal myoclonus, an unexplained twitching of arms and legs that briefly rouses the sleeper. Most people have this twitching occasionally as they fall asleep, but for others it becomes routine, with known causes ranging from antidepressants to metabolic diseases such as kidney failure.

Insomnia is a problem for most people at some point, as life's stresses keep the mind and body awake. But for some 10 percent of people, insomnia becomes a way of life. Causes include psychiatric problems (depression is a major contributor), some prescription drugs such as high blood pressure medications and conditioned insomnia, in which people with past trouble falling asleep get used to not sleeping and dread trying.

To further evaluate Mr. Swinney's problem, Dr. Chaudhary prescribes a night in the Georgia Sleep Center, hooked to electrodes that monitor the patient's brain wave activity, heart rate, eye movement, oxygenation saturation, chin activity and arm and leg movement, to objectively evaluate where his problem lies. In addition to Dr. Chaudhary's expertise in pulmonology, psychiatrists and neurologists are available, should the problem be linked to one of those specialties. Mr. Swinney's night in the lab proceeds as follows:

10: 20 p.m. Mr. Swinney's eyes are half-mast but his monitors show that he is not yet asleep.

10:40 p.m. Mr. Swinney turns over on his side.

10:43 p.m. He's asleep and snoring.

Inside the monitoring room, EEG technicians Plenzie Cox and Sonya Atkins watch.

When the patient is asleep, the irregular lines that map out brain wave activity get markedly thinner and—unless the patient has periods of breathing cessation—the heart rate slows as well.

10:50 p.m. Ms. Atkins must go into Mr. Swinney's room, which wakes him up.

11 p.m. He's asleep and snoring again.

Two doors down from Mr. Swinney, David Brantner Jr. isn't having such an easy time falling asleep. This 37-year-old teacher, coach and proud new father from Aiken, S.C., is excessively tired during the day, especially right after lunch; afternoon naps have become common. Mr. Brantner has snored for probably 15 years and hoped recent surgery to repair a deviated septum would silence that. But he's still snoring. He had a tonsillectomy as a child.

Mr. Brantner typically is in bed about six and a half hours each night. But as he tries to go sleep this night at the Georgia Sleep Center, he spends the first three hours drifting in and out of a very superficial sleep. He snores, but less frequently and more quietly than his neighbor down the hall.

2:05 a.m. Mr. Brantner is awake and says he can hear noises, including Mr. Swinney's snoring.

2:30 a.m. Mr. Swinney is still asleep, but is no longer snoring.

3:30 a.m. Mr. Brantner is sleeping so soundly he doesn't hear Ms. Atkins when she calls his name as she goes in his room to adjust an electrode.

3:45 a.m. Mr. Swinney is snoring again.

4:25 a.m. Active brain wave patterns show that Mr. Brantner is dreaming.

5:45 a.m. Ms. Atkins gets ready to wind up another night, first waking Mr. Swinney. Mr. Brantner is still sleeping so soundly he does not hear her at first when she walks into his room to wake him.

Later that day, Dr. Chaudhary peruses the information gathered on Mr. Swinney and Mr. Brantner.

He recommends that the narrow airway of Mr. Swinney needs to be examined by otolaryngologists and he should try to lose the 15 to 20 extra pounds he's put on in the last two years.

Mr. Brantner's large uvula also needs to be examined by an otolaryngologist. He's already set up to see allergists at MCG for a constant stuffy nose, which blocks that breathing passage, making him breath through his mouth and snore. Weight loss also is indicated.

Despite their somewhat compromised airways, at least for that night, neither patient had periods of breathing cessation. But Dr. Chaudhary reiterates that both clearly need to get more sleep.

When Thomas Edison invented the light bulb, he provided the opportunity to lengthen daytime activities and shorten nights. "The total amount of sleep that we are getting is about 20 percent less in this century compared to 100 years ago," Dr. Chaudhary said. ■

—TONI BAKER

Heads of the Class

When a teacher steps into a classroom, he brings more than textbooks and materials. He brings his own style, flavor and personality. In the case of the following teachers at the Medical College of Georgia—all 1994 recipients of Outstanding Faculty Awards—they also bring an infectious enthusiasm for their subject matter. Their awards attest to the effectiveness of their styles.

Jancis K. Dennis

Jancis K. Dennis has always instinctively sensed that education is much less a product of a classroom than of what unfolds outside those four walls.

She has committed her career to sharing this insight with her students, and to infecting them with her adventurous spirit.

Ms. Dennis first visited the Medical College of Georgia on sabbatical, traveling from her native homeland of Australia. She liked what she saw and returned for good in 1986. She has since become an American citizen.

Ms. Dennis, associate professor of physical therapy, was attracted to the department's problem-based learning program, initiated by Dr. Bella J. May at the department's inception. Problem-based learning assumes that students will maintain interest and motivation if they apply what they learn as they learn it. Rather than lecturing to students for the first half of their education, then introducing them to clinical applications, the physical therapy department introduces clinical applications as they go along.

"I strongly adhere to the notion that it's better to integrate it," Ms. Dennis said. "The students get a sense of confidence that they know more than they thought they knew, and it just rolls on from there. I think they see their learning as all very relevant."

For instance, when Ms. Dennis was teaching neurology recently, her students evaluated a patient whose neurological problems were interfering with his golf game. The students evaluated his swing and other aspects of his golf game, wrote a treatment plan for him, then re-evaluated him later to gauge his progress. "It was a very successful project. It gave them an opportunity to practice their skills on a person who had real problems," Ms. Dennis said.

The physical therapy department also uses "team-teaching," incorporating different fields of study as they become relevant, rather than waiting until the student is enrolled in that class. "I think it's a very flexible program, provided we're sensitive to the students' needs," she said. "Concepts, because they've been recycled and revisited, have been acquired by the end of the program."

She acknowledges that some students resist such a deviation in the way they are accustomed to learning. But almost all of them quickly catch on and become excited by the challenges, she said. The program also suits Ms. Dennis' personality beautifully. "What I enjoy is seeing students working things out for themselves," she said, her Aussie accent still thick and mellifluous. "I don't care very much for lecturing."

Ms. Dennis also is a computer buff; she's developed a computerized patient-evaluation program and is starting to incorporate multimedia computerization in the classroom. (She is working toward her Ph.D. in computing systems in education.) And she organizes the department's continuing education program, reveling in the lifelong pursuit of knowledge and helping facilitate it for her fellow faculty.

But most of her considerable energy is directed toward her students. "Physical therapy students are highly motivated and very sharp," she said.

Jancis K. Dennis

Dr. Carole M. Hanes

By the time Dr. Carole M. Hanes' students get to her predoctoral pediatric dentistry course, they already know all about cavities, abscesses, impacted wisdom teeth and other maladies of the mouth.

What they may not know is how to treat the problems if the patient happens to be screaming for his mommy or sinking his teeth into the dentist's fingers. Which is where Dr. Hanes comes in.

"Our specialty (pediatric dentistry) is much more age-related than topic-related. Children have the same kinds of problems as adults, but it's a very different population. You have to learn to communicate with children at a different level."

Some of her students are anxious to learn. Others are initially reluctant, with

Dr. Virendra B. Mahesh

an attitude that they are weathering the course only to fulfill a graduation requirement. Dr. Hanes enjoys the challenge of the latter group.

"One of the most fun things about teaching is to be around when someone who was skeptical finds out how much he enjoys it. I think if you have an enthusiasm for what you do, you'd like to feel you can share that with all your students. You'd like to think you can turn everyone on to the course."

And indeed, she says, pediatric dentistry is a lot of fun. She gives her students tips to help children overcome their anxiety—for instance, the tell-show-do method of demonstrating dental techniques to children before doing them, or the modeling technique of having a younger child accompany an older one to a dental appointment. She also teaches a kid-friendly vocabulary for dental equipment. It's in Dr. Hanes' class that students first become acquainted with, for instance, 'Mr. Thirsty.'

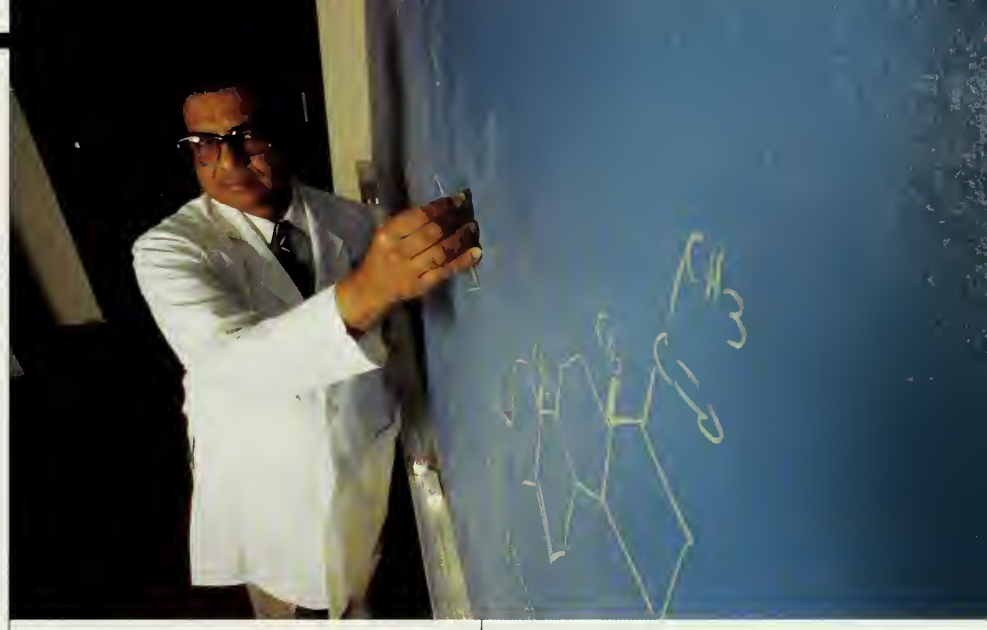
"We try to ensure that kids have positive lifelong dental experiences," she said.

And of course, she teaches the esoterica associated with children's mouths. "Things are very dynamic in a child's mouth. They're losing teeth, gaining teeth, growing.... Things change very quickly."

Dr. Hanes also teaches students to communicate effectively with children's parents. "You can have the most sophisticated, effective preventive plan in the world, but if a parent can't break it down into units and carry it out, then you've lost the whole ball game."

She tries never to patronize her students, realizing that everyone, including herself, is learning throughout their lives. "One of the things I'm always struck by is how little expertise I really have. You have to be a lifelong learner; dentistry changes so rapidly."

She is thrilled to have received the 1994 Outstanding Faculty Award for the School of Dentistry but notes that "these awards are never won in a vacuum. I work with wonderful faculty who are very supportive of me. I'm very humbled to receive this kind of recognition."



Dr. Carole M. Hanes

Dr. Virendra B. Mahesh

Scientists, the stereotype suggests, are supposed to be quiet, intense, almost eccentrically solitary.

But Dr. Virendra B. Mahesh, Regents professor and chairman of MCG's Department of Physiology and Endocrinology, defies stereotypes. He is a case in point that a second-to-none scientist can be as gregarious as the next guy—especially in the right company.

In Dr. Mahesh's case, the ultimate company is his students. And nowhere does he shine as much as in a classroom—or, as is often his case when teaching, a laboratory.

"I think lecturing to graduate students is very exciting," said Dr. Mahesh, whose workload includes lecturing medical students, teaching MCG's graduate course on the biochemistry of steroid hormones and working as a research adviser to graduate students. "You have a relatively small group of students in each class with lots of interaction."

He has volumes to pass along to students—including his own findings during his 35-year career at MCG which have led to an infinitely better understanding of human reproduction. But he learns from his students, too, and he delights in the discoveries they embark on together.

"What keeps it fresh is my excitement about science and the progress we make. Issues we talk about today may be resolved two years from now. Most of what I teach is exciting and new information."

And he loves watching his students transform into independent scientists. "In graduate education, a teacher tries to teach you to be an independent thinker, to conceptualize, to identify problems with a problem-solving approach and to evaluate data," Dr. Mahesh said. "Science basically

boils down to what question you want to raise, why you want to raise it and how you are going to resolve the question. As graduate students go through their course work, there really comes a time when they need a push to break away from the way they're used to doing things."

Dr. Mahesh knows that push will propel them into what he considers the most exciting world known to man. "Science is my main interest, my main hobby. That's what my life is centered around. In a sense, I'm following both my profession and my hobby, and that makes it very exciting. I try to convey that excitement to my students."

Dr. Marshall B. Allen

Dr. Marshall B. Allen has received numerous plaudits for his teaching throughout the years, but he's quick to point out that his contributions are only half the equation.

"You don't 'learn' anybody anything," said Dr. Allen, the recently retired chief of MCG's Section of Neurosurgery. "You put it out there for them, then hope they get it on their own. Hopefully, you can stimulate them, but that's about as far as you can go."

Dr. Allen's chief teaching function during his almost 30 years at MCG was to train neurosurgery residents. Of the 27 residents he trained, all who have taken the board examination in the specialty have been certified. The program's competitiveness has increased exponentially. "When I first came here, we had one or

Dr. Marshall B. Allen

two applicants (to the residency program) a year," Dr. Allen said. "Now, we have 60 or 70."

But his style hasn't changed; he's always simply demanded excellence.

"I think I've been pretty strict about meeting goals and requirements. They knew what they had to do and it was my job to see that they did it."

His students occasionally bristled at some assignments—for instance, the monthly write-up of patient required of medical students. "I think that ought to be required across the board," Dr. Allen said. "I feel rather strongly about that."

Indeed, he feels strongly about all aspects of training physicians and ensuring that they meet exacting standards.

But the residents he trained never doubted he was their ally. And they always had his respect. "The big thing is to try to make sure everybody feels they're being treated fairly," he said. "I usually called them into the office when I was going to criticize. I tried to avoid criticizing them in front of nurses or patients."

Such courtesy went a long way toward soothing the brittle nerves associated with the residents' grueling schedules. "Our days started around 6 a.m. and we'd finish up between 4 and 7 that night," Dr. Allen said, noting that night and weekend duty were also frequent. "I think the residents found the work pretty hard. The workload in neurosurgery has been heavy. Morale is something you always have to worry about."

But the long hours also fostered lasting friendships. "In a relatively small program, you can relate to everybody individually. You can recognize people's strong points and individualize their weaknesses."

Dr. Allen has personally kept up with every resident he's trained, and the group organizes an annual reunion. His residents developed an annual lectureship in Dr. Allen's honor.

"I don't think you go around trying to please everybody, not in this business," he said. "But I think my residents have had a lot of respect for me. I enjoyed being a back-seat driver and they enjoyed doing the driving. I'm proud of the housestaff we've turned out."

Dr. Joseph Maloney

When Dr. Joseph Maloney retired after 27 years in the U.S. Army, he had no intention of retiring from nursing, the field he loves. He joined the MCG School of Nursing faculty in 1992 to continue his favorite aspect of the profession: teaching.

"When I began my nursing career, I was going to go into anesthesia," said Dr. Maloney, associate professor in the Department of Adult Nursing. "But I decided I enjoyed teaching. I knew I'd go back to it when I retired."

His students include undergraduate, graduate and doctoral students, providing a wide gamut of teaching experiences. Dr. Maloney enjoys the clinical aspect of teaching—guiding students through their work with patients. But he also delights in what generally would be considered a drier environment: the lecturer's podium in a classroom.

"The students are really motivated," he said. "They're here to learn; they've chosen this field. I don't find a big problem holding their interest. They know the information is vital to their careers."

He notes that many of his students are older, second-career students, which might account for what he perceives as intense dedication. "They always come to class. They're always bugging me about their grades," he laughed. "They're very serious-minded."

He finds the demographics—including an increasing percentage of male students—a constant source of vitality. For instance, "Younger students have a tendency to sit there and take notes; older students will challenge you," Dr. Maloney said. He feels the whole classroom benefits from the mix.

Dr. Maloney's teaching career dates

Dr. Joseph Maloney

back to his Army career, but he feels particularly stimulated in the current environment. He feels nursing has been elevated to a new stature and is thrilled that so many more doors are open to his students than was true in the past. "The security of nursing and the financial incentives are really attracting people to the field," he said. And he envisions even more autonomy and opportunity in the future. "I think health-care reform will be to nurses' benefit."

But despite his dedication to teaching, he hasn't completely abandoned his original goal: nurse anesthesiology. Upon arriving at MCG, he helped develop a nurse anesthesia program for the school, which will begin in fall 1995. The program will be the only nurse anesthetist program in the state. "There's a real need, especially in rural areas," he said. "The phone is already ringing off the hook from interested students." ■

—CHRISTINE HURLEY DERISO

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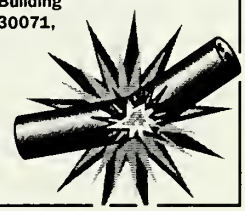

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University Advancement:
Setting Our Sights on the 21st Century

Dr. James B. Osborne
Vice President for University Advancement

As the Medical College of Georgia approaches the year 2000, I, as vice president for university advancement, would like to take this opportunity to reflect on the past five years and discuss some of the university's advancement goals for the next century and how we plan to meet them.

That's what university advancement is all about—setting goals to advance this institution, then setting about achieving them.

Accomplishments Since 1989

As I look back on the accomplishments of the university advancement program over the past five years, several highlights come to mind. These highlights have evolved from the reorganization of the university advancement staff in spring 1990 to centralize and coordinate the functions of our four basic components: development, alumni affairs, public relations/marketing and the MCG Foundation. Some major accomplishments of the advancement program since the reorganization include:

- Establishment of the university's Corporate Partnership Program that promotes the institution's image and is a mechanism for business and industry to provide financial support with annual membership gifts of $1,000 to $10,000. The Corporate Partnership Program was established in 1992 and has grown to 49 members.
- Unprecedented major philanthropic foundation and corporate gifts and multi-year commitments, including: $1.5 million and $2 million from the Woodruff Foundation; $1.5 million from the Bradley-Turner Foundation; $1.5 million from the Callaway Foundation; $500,000 from the Creel Foundation; $459,000 from the Mason Trust; and $100,000 to $500,000 from Georgia Power Foundation, BellSouth Foundation, NationsBank and First Union Bank.
- Secured private funding to match state funds to establish three $1.5 million endowed chairs in telemedicine, molecular medicine and immunogenetics and a $1 million endowed chair in the Department of Medicine, and a commitment to establish a $500,000 chair in cardiology.
- Annual gifts to the Children's Medical Center reaching a record level of $565,427 in 1994 compared to $337,547 in 1989, an increase of 68 percent.
- Establishment of the annual Faculty for the Advancement of Clinical Care, Teaching and Science (FACTS) Campaign that generated more than $185,000 in annual faculty gifts and 66 percent faculty participation in 1993-94.
- Establishment of 12 volunteer alumni committees in selected regions of the state to assist with alumni affairs, the annual fund and public relations. More than 60 alumni serve on these committees.
- Establishment of the MCG Foundation Major Gifts, Planned Gifts and Annual Gifts committees.
- Drafting and implementation of the MCG Foundation Disbursement of Funds policy.
- Consecutive years of record annual income of the Medical College of Georgia Foundation from $1.6 million in 1988-89 to $7.7 million in 1993-94, an increase of almost 400 percent.
- Growth of assets of the Medical College of Georgia Foundation from $15.8 million in 1988-89 to $28.6 million in 1993-94, an increase of almost 81 percent.
- Decline of fund-raising costs from 32 cents per dollar raised in 1988-89 to 10 cents per dollar raised in 1993-94.

Looking Toward the Future

When considering the future of this institution, it is vital to point out that university advancement is the overall mission of every person connected to the Medical College of Georgia. Whether it be alumni, faculty, administrators or support staff, we all need to be concerned with advancing this institution.

University advancement evolves from a team relationship with every component of the MCG community. MCG's Division of Institutional

Dr. James B. Osborne with his advancement staff. He manages with an eye toward the future while building on the experience of the past.

Relations, which I oversee, is the structure that helps drive the process of university advancement by bolstering support for the institution and spreading the word of its accomplishments.

And MCG's list of accomplishments keeps growing. The Medical College of Georgia is among the most vital, progressive and exciting medical universities in the United States. MCG's medical school recently was ranked among the nation's top-20 comprehensive medical schools in *U.S. News and World Report* and is the recipient of a prestigious Robert Wood Johnson Generalist Physician Grant, attesting to the excellence of its teachers and curriculum. MCG also houses the state's only dental school, the flagship Ph.D.-granting nursing school, a comprehensive School of Allied Health Sciences and a graduate school that offers Ph.D. training for those interested in the many high-technology fields in biomedical research.

MCG's tradition of research excellence—including a cure for pellagra, the groundwork for beta-blocking drugs and the birth of fertility pills—has never been stronger. MCG recently broke ground for a $20 million Interdisciplinary Research Facility to advance our lofty but attainable goals in disease prevention, treatment and cure.

And our commitment to patient care is second to none. MCG is a major referral center for the Southeast and is in the process of building a $42 million Children's Medical Center to offer the most sophisticated and comprehensive care available for children in Georgia and beyond.

MCG's president, Dr. Francis J. Tedesco, works tirelessly to advance the university. The value of our alumni's degrees is enhanced because the reputation of MCG as an academic medical center has grown stronger each year of his presidency.

The Role of Alumni in University Advancement

Alumni are one of the most important components of university advancement. Our alumni know this university in a way most others don't. They have an emotional tie here and they have a good feel for the future needs of the university.

They are certainly our best good-will ambassadors because they have a strong bond to MCG. Their sphere of influence helps raise the level of awareness throughout Georgia and beyond. They have a genuine interest in MCG, and the public perceives them that way.

They also understand the historical significance of MCG. And perhaps because of their vast knowledge of this institution, and their understanding of its importance and vitality, they are among our most generous donors.

The annual fund—funds donated by alumni on a yearly basis—is an integral part of fund-raising at MCG. Year in and year out, it is one of our most reliable fund-raising programs. Since 1988, contributions from the alumni have increased from more than $610,000 to more than $820,000—around a 34 percent increase.

But alumni play a much larger role than contributing annual dues or yearly gifts: They act as diplomats for the university. Alumni cultivate relationships with other constituencies, such as corporations, foundations, legislators and individuals who account for several significant gifts each year. Since the inception of the concept of university advancement at MCG, the alumni have really embraced this expanded role.

In fact, I'd like to point out that throughout my career—which has included positions at other institutions and outside academia—I have never come across a more active group of graduates. When MCG alumni make a commitment, that commitment is stronger than that of other alumnus groups. Our alumni are very enthusiastic about this university, which indicates a deep concern for the academic programs and the graduates we produce.

Our alumni number 16,000 or so—a relatively small number, compared to 185,000 at the University of Georgia and 85,000 at the Georgia Institute of Technology, but their participation in their alma mater is solid and impressive. Eighty-eight alumni serve on the alumnus boards and MCG Foundation board. Some 37 percent financially support the university in some fashion. The national average for universities is less than 20 percent. The President's Club, which is made up of donors of $1,000 or more, has almost 400 members. With the alumni's help, we are heading in the right direction.

MCG hosts an annual President's Club Gala and homecoming celebration to recognize the importance of our alumni and what they mean to this institution. In the past five years, we have committed the resources necessary to cultivate MCG's five alumni associations on a daily basis. We have dedicated staff assigned to support the goals of alumni programs in each of the five schools at MCG.

I urge our alumni to become consistently involved in the institution. Naturally, we would like to have 100 percent participation at all times, no matter what the level—even if it's just visiting during homecoming or coming to a regional activity. And, of course, we'd like to thank you for your continuous and generous support.

The Role of Faculty and Staff in University Advancement

MCG's faculty and staff involvement in university advancement also is increasing significantly. MCG's FACTS campaign (Faculty for the Advancement of Clinical Care, Teaching and Science), the

annual fund-raising program designed to educate faculty and staff on giving and give them an easy opportunity to do so, had a 66 percent participation rate last year. The first thing corporations and foundations want to know when they are considering a gift to MCG is how much our faculty support their own university. And this speaks well of their efforts.

The Role of Corporate and Foundation Relations in University Advancement

The growth of the MCG Corporate Partnership Program is a fine example of how we have teamed up with the corporate community to advance MCG's mission. Since we started the program in 1991, 49 corporations have joined us in this interactive relationship in which information about research programs and new campus development is exchanged. Through this program, MCG's administration and faculty are better able to understand the needs of business, and corporations can play an active role in their areas of interest on campus.

These companies pay annual dues ranging from $1,000 to $10,000 which go into a foundation fund utilized by the president to support new research projects and to supplement the salaries of key researchers.

Likewise, gifts from foundations are crucial in expanding our ability to do research and enhance education and clinical care. Recent examples of such financial commitments include $2 million and $1.5 million gifts from the Woodruff Foundation, $1.5 million from the Bradley-Turner Foundation, $1.5 million from the Callaway Foundation, $500,000 from the Creel Foundation, $459,000 from the Mason Trust and gifts of $100,000 to $500,000 from Georgia Power Foundation, BellSouth Foundation, NationsBank and First Union Bank.

The Role of the Medical College of Georgia Foundation Inc. in University Advancement

Over the past five years, we have made a concentrated effort to educate our supporters about the importance of the MCG Foundation, for which I serve as executive director. The MCG Foundation is a private, not-for-profit corporation established to receive and manage MCG's contributions, which are tax-deductible. Its 35-member board of directors, composed of alumni, faculty and friends, provides volunteer leadership for fund-raising and assists in the allocation and management of foundation funds.

Literally, one could view the foundation as a "bank," a means of accepting funds from contributors for the sole purpose of advancing MCG's missions of research, education and patient care.

The MCG Foundation has grown from around $9 million in assets in 1988 to more than $27 million today, which indicates the significant growth that has occurred in the area of private support for this university. Last year, $2,547,668 was distributed back to various MCG departments to support the education, research and clinical care missions of MCG.

Programs such as MCG's Telemedicine Center and Institute of Molecular Medicine and Genetics benefit from endowed chairs and charitable gifts that the foundation brings to this university.

Overall, giving has increased exponentially. In 1983, total gifts to MCG were around $666,000; in 1989, the figure was about $1.7 million In 1993-94, the foundation income was $7.7 million. So we have really come a long way. Of course, we expect that number to climb even higher in the years to come.

The Role of Public Relations in University Advancement

University advancement's Division of Public Relations and Marketing provides the vital function of spreading the word of MCG's many achievements. The public relations staff serves as MCG's liaison to the media and produces the institution's publications. These include *Medical College of Georgia Today,* a quarterly magazine for the faculty, students, alumni and friends of the university. This full-color magazine has won several awards recently, including a Silver Quill Award from the International Association of Business Communicators and a Target Award of Excellence from the Georgia Society for Hospital Marketing and Public Relations.

Other publications produced within the division include an annual report for friends of the Children's Medical Center and the *Beeper,* an MCG staff newspaper published twice a month.

The Unlimited Potential of the Medical College of Georgia

Despite the impressive figures associated with university advancement at MCG, the amazing thing is the unlimited potential of this institution. We have only begun to scratch the surface when it comes to national corporations and foundations wanting to invest in MCG.

Dr. Tedesco has very aggressive long-range plans which include leading-edge research programs. As Georgia's health sciences university, it is our job to accommodate those interested in this technology and make it available to Georgia and beyond.

So much has been accomplished in the last few years. But the future holds even better things for MCG. In the future, we will further develop the Parents Program, which focuses on families of MCG students. This program currently features Family Day at MCG, which gives parents an opportunity to come to MCG and really see what we have going on. This is definitely an area in which I see a great deal of potential for growth.

Dr. Osborne in a staff meeting. One of his management techniques is to delegate responsibility, imparting a sense of ownership to his staff.

Also, we plan to expand the development of the Friends of MCG program. The friends program is an area of great potential because we only have around 16,000 alumni, which is a relatively small number as universities go. However, the number of friends we have that use the MCG Children's Medical Center or the MCG Hospital and Clinics are many times greater than our alumnus population. In fact, it is a group that continually grows.

The future will see expanded relationships with all of our constituencies: faculty, alumni, corporations, foundations and friends and parents of MCG. We now have an experienced staff and a more effective development office. In fact, the growing expertise of our advancement staff provides a solid infrastructure to drive our development, alumni and public relations program. Our job now is to continually expand our efforts.

The recent trend has been for donors to designate their gifts to specific projects. Successful fund-raising in the future will involve a strong major-gifts and planned-giving program, requiring a keen sense of what the donor desires using a matching system that highlights the vision of the university and opportunities that a gift would provide the university.

Another trend is toward developing private-public partnerships to further projects that the state cannot accomplish alone. Currently, the state provides about 30 percent of MCG's almost $400 million annual budget. Therefore, MCG is a state-assisted institution and must receive most of its annual budget from non-state sources. Other sources of funding, such as the recent funding we have received from the Georgia Research Alliance and a number of philanthropies, must be generated for MCG not only to accomplish its mission, but to maintain a margin of excellence.

Really, university advancement never ends. We will always have goals to accomplish and things to strive for. And with the leadership we have in Dr. Tedesco, it is certain that we are heading toward being among the best health sciences universities in the nation.

I invite you to take this opportunity to express your support for the Medical College of Georgia. Enclosed in this magazine is an envelope in which you can mail us a contribution. I thank you in advance for your support, and I assure you that this investment in the future is money well spent. ■

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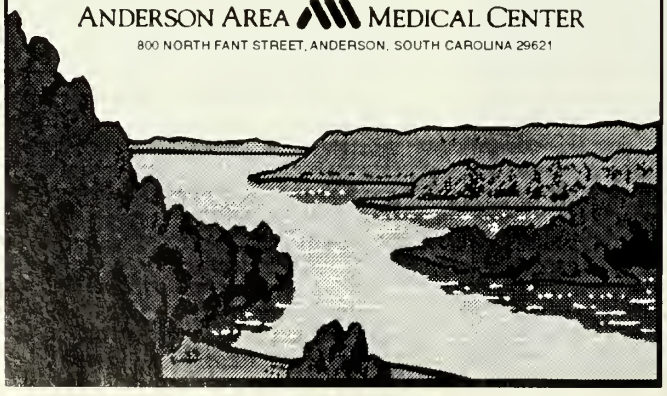

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AlumNews

Gov. Miller Ponders Wisdom of Hippocrates During Commence-ment Address

Christine Hurley Deriso

Hippocrates, the Greek physician who set the ethical standards for those following in his path, undoubtedly would have considered today's health-care environment a challenge. But his wisdom extends even to contemporary problems that he never could have foreseen, said Georgia Gov. Zell Miller.

Gov. Miller pondered that wisdom during his commencement address June 4 to the Medical College of Georgia's 806 graduates.

"Hippocrates wrote his precepts long before malpractice, reform and the high-tech world in which you will practice," Gov. Miller told the graduates. "We can only wonder what he would have to say about the dilemmas facing health care today."

But those precepts are timeless, Gov. Miller said. One of his precepts, love of art, illustrated that excellent health care is as much a product of the practitioner's soul as of his mind. "The practice of medicine is just as truly as much an art as a science," Gov. Miller said. "Health care holds something of an artist's sense of how a feel for detail combines to create a whole."

Gov. Zell Miller delivers commencement address

Hippocrates also emphasized love of man as a vital component of healing. "The key to healing is not the patient's trust in technology, but his trust in the goodness and integrity of the health-care provider," Gov. Miller said. Health-care providers must rise to the challenge of displaying the epitome of time-honored values such as honesty, responsibility and respect for others, the governor said.

Another of Hippocrates' precepts, opportunity of serving, demonstrates the obligation to provide health care for anyone in need, Gov. Miller said. "The words of Hippocrates cut through the clamor (of today's debate about health-care reform): Focus on the basics of serving those who need your help."

The governor lauded the accomplishments of the graduates and their alma mater. "The Medical College of Georgia has outgrown its name and has become one of the leading health-sciences universities in the country," he said. "MCG's research has grown in depth and breadth, attracting growing numbers of world-class research scientists to the faculty. This fine institution brings great distinction to the state of Georgia." ■

Dr. Greenbaum to Retire; Deanships Consolidated

Christine Hurley Deriso

The Medical College of Georgia has consolidated the administration of the School of Medicine and the School of Graduate Studies upon the announced retirement of Dr. Lowell M. Greenbaum.

Effective Sept. 1, Dr. Darrell G. Kirch, dean of the School of Medicine, began serving as acting dean of the School of Graduate Studies. He succeeds Dr. Greenbaum, who has served as dean of the School of Graduate Studies and vice president for research at MCG since 1985 and has announced his retirement effective Sept. 1, 1995. Dr. Greenbaum will serve as professor of pharmacology and toxicology until then.

Dr. J. Malcolm Kling, director of research support services and professor in the Department of Pharmacology and Toxicology, has been named acting vice president for research, and a search to fill the position permanently is under way, said Dr. Francis J. Tedesco, president of MCG. Dr. Greenbaum has appointed Dr. Gary C. Bond, associate professor in the Department of Physiology and Endocrinology and minority recruiting officer of graduate studies, associate dean of the School of Graduate Studies.

...continued on page 30

Alum's Missionary Trip Makes Lasting Impression

Stacey Loesch

A 1994 graduate of the physician assistant program at the Medical College of Georgia turned an internal medicine rotation into a missionary trip to help underserved patients of South America.

Kristine Germann traveled to Venezuela with the Baptist Foreign Mission Board for a week last September. She has always felt a calling to pursue medical missions work, and this trip was a prime opportunity, she said.

Kristine was the only student in a crew of 25 workers. Dr. Charles Shaefer was the trip director and Kristine was his coordinating assistant, so she was responsible for getting the crew together and having all of the necessary supplies donated.

"The main focus for our trip was to use our skills as medical personnel to reach the people of Venezuela for Christ. It was a great avenue for meeting needs," said Kristine. For example, while patients were waiting to be seen, the volunteers read Bible stories to the children and made crosses out of beads with them.

For four days, the mission moved around through the inner city and small rural communities, treating a total of approximately 14,000 people. Some people walked five miles to be treated for problems such as parasites, heart conditions, hypertension, stomach ulcers, gynecological problems and dental work. "We were trying to put Band-Aids on big problems because there was only so much we could do in such a short time," recalled Kristine.

The mission set up in school compounds, which were large, open rooms with no walls. They visited during the rainy season so they often got wet while working. They communicated with their patients, most of whom spoke only Spanish, through interpreters provided for them.

"I was amazed by the generosity of the people. They treated us like kings and wanted to give us what little they had," said Kristine. Their Venezuelan hosts prepared typical regional meals for the workers' lunch each day and ate with them.

The typical day would begin around 7 a.m. and would end well into the evening. Some of the patients lined up at 4 a.m. waiting to be seen. One day in particular consisted of helping nurses set up equipment to work the glucometers and then moving on to the pediatric section. There, Kristine saw about 12 patients and sent them to the pharmacy to have prescriptions filled from more than $50,000 of donated pharmaceuticals. Later, Kristine worked in the internal medicine unit and the crew ended the day having seen approximately 300 patients.

The trip helped Kristine decide she wants to make a career out of being a missionary. "This really touched me because it made me hope that, in the midst of all the craziness in today's world, I hope that I will never forget to help those who don't ask for help," said Kristine. ■

Kristine Germann

Disabled Children Find Help, Happiness on Horseback

Ale Sabio

A local horseback riding program offers a fun dose of therapy for children with disabilities.

Special Equestrians of the CSRA uses horses to work with children with a variety of mild or moderate disabilities, including cerebral palsy, muscular dystrophy, brain injuries, autism and learning disabilities. The Augusta-area program was founded in 1981 by Claudia Morin, director of occupational therapy at the Medical College of Georgia Hospital and Clinics, who volunteers her time and expertise to the program. She is assisted by community and MCG student and staff volunteers who help her with the children and the horses.

Therapeutic riding can provide physical, emotional and mental rewards, Ms Morin said. "Therapeutic riding helps with clinical occupational therapy, motivation and excitement. It reduces tone, which allows the body to feel normal movement to practice balance and posture."

Riders play various games on horseback, focusing on tasks that challenge and meet their individual needs. Donna Lord, a 14-year-old with a brain injury whose therapy encourages the use of her right side, placed rings on tall poles while on horseback recently, which made her stretch both sides of her body. She attempted first with her left hand then with her right hand, which gave her a little more trouble. Once she placed a ring on the pole, her face lit up with pride.

Sue Glasstetter, a community volunteer, stayed by Donna's side as she rode the horse. Sue read about horseback riding as therapy in a magazine, then heard about MCG 's program through a friend. "It's fun to see the kid feel powerful over the horse; it is a powerful experience," she said.

"It has helped me much," said Nathan Plung, 12, who has taken riding lessons for five years. "It helped me learn about horses and how to control them. It's fun if they let you move the poles."

Nathan's mother, Vickie Plung, feels the lessons have been very beneficial for her son. "It's amazing. His posture improved the minute he got on the horse. He has become more confident about himself. It's a neat program. Too bad there aren't more therapists and horses."

Krystle Gardner, 4, has cerebral palsy and is one of the youngest children in the program. Krystle began a recent lesson by lying on her stomach on top of the horse, which helps stretch her entire body. During the lesson, Ms. Morin and the volunteers focused on keeping Krystle's back straight. Krystle loved entertaining her grandmother and others around the ring. When it was time to pick

a color ring, she insisted on pink. She enjoyed reaching and placing the rings on the horse's ears and tugging on the mane. These exercises help her reach, grasp and release, Ms. Morin said. Once Krystle dismounted the horse, she stood in front of it petting its nose.

All horses used for the program are donated to the Cerebral Palsy of the CSRA and are cared for by Pat Minnick at Horse Creek Plantation in Edgefield, S.C., where lessons are held.

For more information on Special Equestrians, to volunteer or to make a donation, contact Claudia Morin, Department of Occupational Therapy, BAS-203, Medical College of Georgia, Augusta, Ga. 30912 or call Ms. Morin at 706-721-2481 ■

Allied Health Faculty, Students Honored

Ale Sabio

Allied health faculty and students were recognized for their achievements during the 1993-94 school year recently.

Sixteen students and one faculty member were initiated into the allied health honor society, Alpha Eta Society. Membership honors those who demonstrate professionalism, excellence and achievement in an allied field.

Honorees are Allison E. Angel, Teresa S. Bragg, Shaun M. Grubb, Mary E. Hale, Carol J. Hogarty, Caroline S. Holley, Janet M. Horton, Steve L. McQueen, Susan G. Miller, Lorrie A. Mitchell, Thomas G. O'Berry, Michelle L. Skrynecki, Teresa A. Stewart, Jayne A. Todd, Aileen P. Conley (graduate student) and Gregory G. Passmore (faculty member).

The MCG Faculty and Spouse Club Award was presented to Kathy Alberson, a rising second-year health information management student, for her community involvement, academic excellence and leadership.

The Raymond C. Bard Scholarship Award was presented to Annette Doehring, a second-year occupational therapy student.

In the Department of Associated Dental Sciences, the Best Clinician Award was given to seniors Angel Morris and Angie Turner. The Preventive Dentistry Award was presented to seniors Julie Garland and Pamela Smith. The Chairman's Award was presented to senior Johnny D. Turner. Outstanding Performance in Dental Technology went to senior Ira D. Cochran. Seniors Loretta A. Lamberth and Miriam L. Blankenship were inducted into Sigma Phi Alpha, the national dental hygiene honor society.

Anne E. Sharpton, a senior health information management student, received the Augusta Area Information Management Association Scholarship.

Senior Michelle Carr Steedley, an occupational therapy student, received the Nancy D. Prendergast Award for Outstanding Contributions to the Profession. This new award is presented to a student based on involvement in his profession, community and school.

The Department of Physician Assistant presented the Outstanding Physician Assistant Student Award to senior class president Michael S. Chammoun and the Most Improved Award to senior Olukayode A. Oduwole.

Senior Charles R. Hall received the Department of Respiratory Therapy Chairman's Award in recognition of his academic excellence, professionalism, leadership and service.

Seniors Steven L. McQueen and Shaun R. Grubb were honored by the respiratory care honor society, Lambda Beta Society, based on academic excellence, professionalism and leadership.

The Department of Radiologic Technologies presented its Outstanding Student Award in Radiology to senior Layne C. Mitchell. The Outstanding Student in Nuclear Medicine Technology Award was presented to senior Debra D. Hutto.

The Department of Medical Technology presented the Dr. C. Baisden Student Award for excellence to senior student Tony Savage; the Dr. Walter L. Shepeard Achievement Award to graduating seniors Rita Colwell and Timothy Gordon for academic excellence, community activities and outstanding performance at MCG; and the CSRA Society of Medical Laboratory Personnel Student Professionalism Award to senior Vanessa Bagley.

Jancis K. Dennis, associate professor in the Department of Physical Therapy, received the school's Outstanding Faculty Member Award.

The Outstanding Clinical Faculty Award went to Patricia Kinney, director of physical therapy at the MCG Hospital and Clinics.

Nancy Lee Lavin, program director and associate professor in the Department of Radiologic Technology, received the Distinguished Service Award in recognition of 25 years at MCG.

The Georgia Allied Health Research Award, presented each year by the Georgia Society of Allied Health Professionals, went to Sheila L. White, assistant professor in the Department of Associated Dental Sciences, in recognition of her project titled "Clinical Results of a Comparative Implant Investigation."

Senior physical therapy student Teresa J. Bragg, sophomore physical therapist assistant student Melissa Shea Wallis and junior physician assistant student Karen Quinn-Lopez each were awarded a $250 scholarship from the School of Allied Health Sciences Alumni Association. The scholarship recipients were chosen for their academic excellence and scholarly, professional and community activities. ■

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Dr. Holton Takes the Helm

Glenn Hudson

Dr. Isaac Holton is sure of one thing: As the new president of the MCG School of Dentistry Alumni Association, he has some big shoes to fill after the departure of Dr. T. Barrett Trotter.

"Barrett was a dedicated president," said Dr. Holton, a 1976 graduate of the Medical College of Georgia School of Dentistry. "He made a genuine effort to attend all the meetings and get involved. Being involved is what the alumni association is all about.

"We've been very successful with the phonathons to raise money for student scholarships," he said. "Also, the Lunch and Learn series (in which alumni discuss their careers with students over lunch) has been a big success. I want to follow the trends that Barrett started over the last two years. Trying to get more involvement with the alumni is very important."

And he isn't writing anybody off. "As far as alumni functions are concerned, it looks like we're going to have to focus on Atlanta where our alumni are concentrated," he said. "But we need to explore other ideas about how we can make alumni in the remote parts of the state feel they have some ties to MCG."

Dr. Holton, who graduated from Butler High School in Augusta in 1971, attended Augusta College before gaining early acceptance to the MCG School of Dentistry.

Dr. Holton began his career in dentistry with a three-year stint in the Air Force. He completed his general practice residency training at the MCG School of Dentistry in

Dr. Isaac Holton

1980. He then trained as a resident in endodontics until 1982. After a year in private practice in endodontics in Tucker, Ga., Dr. Holton returned to MCG to join the faculty of the School of Dentistry in the Department of Endodontics.

In 1985, he decided to change gears and began residency training in orthodontics. He has maintained a private practice in orthodontics in Augusta ever since.

"While in private practice I spent some time in a classmate's orthodontics practice in Atlanta and I really liked it," he said. "In endodontics, your patients are almost always in pain and under a lot of stress. It's not like that in orthodontics. Orthodontic patients want to come to the dentist because they want to look better.

"The first thing kids ask me when they come in is, `How many shots are you going to give me? And, 'Are you going to pull all my teeth?' Well, orthodontists don't give shots," he said.

Dr. Holton points to Dr. Frank Hines, then chairman of the Department of Orthodontics at MCG, as a major influence on his career. "Dr. Hines taught me so much about the practice end of orthodontics, like how to manage parents to get them to do the things they need to do for their children. He is a great teacher and is well-respected throughout the Southeast."

He is currently eastern district student relations representative for the Georgia Dental Association. He has served as vice president of the alumni association for the past two years. Also, Dr. Holton has served as president and secretary-treasurer of the MCG School of Dentistry Orthodontics Alumni Association. He is a member of the GDA, the American Dental Association, the American Association of Orthodontists and the Georgia Association of Orthodontists. His wife, Joanne, is a teacher. ■

Dr. Barenie Named Associate Dean

Glenn Hudson

Dr. James T. Barenie, professor of pediatric dentistry at the Medical College of Georgia School of Dentistry, has been appointed associate dean for curriculum and advanced education.

Dr. Barenie's administrative duties will include coordinating the predoctoral curriculum and the advanced education programs. Dr. Barenie has served as program director of the advanced education program in pediatric dentistry and chairman of the MCG School of Dentistry Curriculum Committee.

"I am looking forward to Dr. Barenie assuming this responsibility," said Dr. David Myers, dean of the MCG School of Dentistry. "He is the type of person who can manage the details while working for the overall benefit of the entire school."

Dr. Barenie received his D.D.S. from Indiana University and his certificate in pediatric dentistry from the Eastman Dental Center. He is a diplomate of the American Board of Pediatric Dentistry and has been a member of the MCG School of Dentistry faculty since 1977. ■

Dental Student Named MCG Representative

Glenn Hudson

A Medical College of Georgia School of Dentistry sophomore has been named MCG's 1994 student representative for Academic Recognition Day for the University System of Georgia.

Jacqueline Malone-Harper, who was also voted the 1994 School of Dentistry Student Table Clinician of the Year, earned the honor for her outstanding scholastic achievement. Ms. Harper maintains a 3. 90 grade point average.

Each of the 34 institutions in the university system selects a representative for Academic Recognition Day. Representatives must be Georgia residents and exemplify outstanding scholastic achievement on their campus.

The Georgia House of Representatives presented a resolution to the student representatives May 11 honoring their achievement.

"Academic Recognition Day began in 1987 as a celebration of individual academic achievement and recognition of those students who exemplify that which is best about the University System of Georgia and its institutions," said Dr. Francis Tedesco, president of MCG. "We are very proud of Ms. Harper. She is an excellent representative of our outstanding student body."

Ms. Harper, 35, a native of Waycross, Ga., is a recipient of the Georgia Dental Education Foundation Scholarship and the American Dental Association and Endowment Assistance Fund Scholarship. She

Dr. Francis J. Tedesco congratulates Jacqueline Malone-Harper

graduated from Waycross High School in 1977. She attended Albany State College in Albany, Ga., before gaining early acceptance into the MCG School of Dentistry.

In addition to a full load of courses, Ms. Harper is raising her 6-year-old son, Brandon. "That is my biggest concern," she said. "I have to keep my son top priority.

"It gets very hard sometimes. I pick him up after school and we take care of his homework and his play time," she said. "I cook dinner and give him a bath. He is usually in bed by 8:30, then I have to study.

"During finals week my brother, John, comes and baby-sits for me so I can study. Also, my friends and classmates help out. There is a network of support around me that helps me get everything done," she said. ■

Dr. Anderson Named Chairman

Dr. Ronald W. Anderson, chairman of the Department of Endodontics at the Medical College of Georgia School of Dentistry, has been elected chairman of the Education Affairs Committee of the American Association of Endodontists for 1994-95.

Dr. Anderson has served on the committee for two years. He will review and revise advanced specialty programs in endodontics and provide continuing education for members of the AAE. ■

Dr. Hall Receives Hickey Award

Glenn Hudson

Dr. Mike Hall, assistant professor of oral pathology at the Medical College of Georgia School of Dentistry, has been awarded the Judson C. Hickey Award by the senior class of the MCG School of Dentistry. The award is named for the first dean of the MCG School of Dentistry, founded in 1965.

"The gratification you get from something like this is hard to explain," Dr. Hall said. "I spend a lot of time with the students. They are under a great deal of pressure. And, to be designated as someone who gave them support means a great deal.

"Receiving this award has a lot of emotion attached to it and emotion is something you can't really measure. I have a really close relationship with the students and I think it shows," he said.

Dr. Hall received his bachelor's degree in religion in 1971 from the University of North Dakota and is a 1980 graduate of the University of Oklahoma School of Dentistry. He received his general practice residency training at the Veterans Administration Hospital in Oklahoma City in 1981.

After four years of general practice in Atlanta, Dr. Hall trained as a resident in oral pathology at the Emory University School of Dentistry in 1985. He then joined the faculty of the University of Saskatchewan School of Dentistry in the Department of Pathology. He joined the faculty of the MCG School of Dentistry in 1990. ■

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Dr. Greenbaum Reflects on Tenure as Dean

Christine Hurley Deriso

There is a custom in graduate education that aptly symbolizes the dignity and import of the upper echelons of academia, according to Dr. Lowell M. Greenbaum.

The custom is for academicians to stand when doctoral candidates enter a room to defend their theses, and to stand again when they leave.

It's a simple but signficant gesture, said Dr. Greenbaum, dean of the Medical College of Georgia School of Graduate Studies and vice president for research. Dr. Greenbaum, dean since 1985, retired from the post August 31. He delivered his farewell faculty address May 26.

Society is greatly enriched by the quality and vigor of graduate education in the United States, Dr. Greenbaum said. "Graduate education is the cornerstone of the future, and no one person can change that," he said.

But graduate education has seen better days, he said. "I think we all realize that this is not the best time in the nation for graduate education and research," he said, citing the fallout of diminishing federal support, tarnished research projects and increased emphasis on profitability.

"Graduate education is not profitable," Dr. Greenbaum said, noting that the pursuit of knowledge can be a tedious, circuitous journey. "But it is essential."

Graduate schools are not corporations and should not be forced into a bottom-line mentality, he said. Graduate education's freedom from such constraints has resulted in this country's unchallenged preeminence in the field of research and must be preserved, Dr. Greenbaum said.

Dr. Lowell M. Greenbaum

But despite the challenges of higher education, the institution is growing and thriving, he said, noting increased demand for graduate programs. MCG has responded to that demand, creating new graduate programs recently in allied health sciences, dentistry and nursing.

"We are not responding to our own selfish wants as faculty (when we develop these new programs), but to the demands of society," he said.

Dr. Greenbaum noted other statistics attesting to the MCG School of Graduate Studies' vitality, including:

- A 114 percent increase in total enrollment in the school since his tenure as dean began in 1985;
- A 186 percent increase in applicants in the same time period;
- A 530 percent increase in African American applicants during his tenure;
- A growth in the African American student population from 6.7 percent in 1985 to 11 percent in 1993.
- An increase in extramural research support from $7,723,035 in 1985 to $14.8 million in 1994. (Total extramural support is $22 million in 1994.)
- An increase in industry support of research from 5.1 percent of the research budget in 1985 to 27 percent in 1994.
- An increase in intellectual properties income from $0 in 1985 to $370,000 in 1994.

Dr. Greenbaum joined the MCG faculty in 1979 as professor and chairman of the MCG Department of Pharmacology. He was named acting vice president for research and dean of the School of Graduate Studies in 1985, then appointed permanently to the posts in 1986.

During his tenure at MCG, he has founded the Southeastern Pharmacology Society, implemented a Ph.D. program in nursing, organized an interdisciplinary monthly research seminar series and originated and taught a research ethics course. He also implemented the first patent and copyright policy of the University System of Georgia Board of Regents, founded and organized the First Annual University System Research Symposium and served on the Chancellor's Research Advisory Committee and as a charter member of the board of the Educational Research and Development Association of Georgia.

Dr. Greenbaum also developed MCG's first Conduct of Research Policy and organized the graduate school's non-degree program to help students prepare for graudate and professional schools.

As a researcher, Dr. Greenbaum and a colleague discovered the T-kinin-T-kininogen system in rats, a finding which has since generated more than 100 published papers. He was president of the International Kinin Congress, held in Savannah, Ga., in 1984. ■

Dr. Stenstrom Receives Lifetime Achievement Award

Dr. William J. Stenstrom, professor emeritus and former chairman of the Medical College of Georgia Department of Medical Illustration, has received the Association of Medical Illustrators' Lifetime Achievement Award.

The award, the association's highest honor, was presented at the first World Congress on Biomedical Communications in Orlando, Fla., June 22.

Dr. Stenstrom earned a bachelor's degree in zoology from the University of Washington, a certificate in medical illustration from Massachusetts General Hospital, a master's degree in adult and higher education from Georgia Southern College and a doctorate of education in curriculum and instruction from the University of Georgia.

During his chairmanship at MCG, Dr. Stenstrom redefined the medical illustration program by using a method of teaching by design (based on objectives and evaluated competency) rather than by demonstration. He is a fellow and past president of the Association of Medical Illustrators, which has awarded him with the Outstanding Service Award, Will Shepard Award of Excellence for medical color and Ralph Sweet Award for best medical illustration. He also is a member of the Kappa Delta Pi Honor Society in Education, the Phi Delta Kappa Professional Fraternity in Education and the Alpha Eta National Allied Health Honor Society. ■

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Student's Research Wins 4 Awards

Toni Baker

William Henry, a student pursuing his medical degree and doctorate in cellular biology and anatomy at the Medical College of Georgia, won four awards for his research at the recent 35th annual National Student Research Forum at the University of Texas Medical Branch at Galveston.

The annual meeting is sponsored by the Texas university, the American Medical Association's Education and Research Foundation, Roche Laboratories and the American Academy of Family Physicians.

Mr. Henry's research project, "Changes in Afferent Synapses of Cochlear Hair Cells During Noise-Induced Temporary Deafness," won the James E. Beall II Award in Neuroscience for an outstanding paper in the neurosciences.

He also won the Roche Laboratories first-place award in the graduate student division for excellence in basic science research; the Roche Travel Award in the graduate student category to attend a national medical specialty meeting and present current research; and the AMA Award for overall excellence in research. ■

Graduate Faculty Honored

Christine Hurley Deriso

The Medical College of Georgia School of Graduate Studies presented faculty awards during its May 24 Faculty Assembly.

Honored in the field of research was Dr. Martha Hains Bramlett, assistant professor in the Department of Adult Nursing. Dr. Bramlett, who also is a research scientist and postdoctoral fellow in the University of Georgia Gerontology Center, earned a bachelor's degree in nursing from the University of North Carolina at Chapel Hill, a master's degree in nursing from the University of North Carolina at Greensboro and a Ph.D. with distinction in nursing, health care across the life span and gerontology from MCG.

She joined the MCG faculty in 1987 as a research assistant and was named assistant professor in 1990. She has researched numerous topics associated with the elderly, including alternative medicine, creativity, institutionalization, the African American elderly and the effect of humor on well-being.

Dr. Joyceen Boyle, professor and chairman of the Medical College of Georgia Department of Community Nursing, was honored in the field of teaching. Dr. Boyle earned a bachelor's degree in nursing from Brigham Young University in Provo, Utah, a master's degree in public health nursing from the University of California at Berkeley and a Ph.D. in nursing from the University of Utah in Salt Lake City. She joined the MCG faculty in 1988.

Dr. Boyle has extensively studied and taught about health matters of diverse groups of people, including Navaho Indians, Iraqis, Central American refugees, the elderly, the homeless and care-givers of those with AIDS. She recently helped form the Qualitative Research Group, which consists of nursing students and faculty from several universities who pool research findings associated with AIDS and related health issues.

Dr. Virginia Kemp, associate dean for graduate programs and research in the School of Nursing, was honored in the field of service. Dr. Kemp earned a bachelor's degree in nursing from MCG, a master's degree from Emory University in Atlanta and a Ph.D. from the University the Texas at Austin.

Dr. Kemp first joined the MCG School of Nursing in 1979 as an assistant professor. She was named associate professor in the School of Graduate Studies in 1985, then left MCG in 1988 to serve as associate professor of parent-child nursing at Georgia State University in Atlanta. She rejoined MCG in 1989 as associate professor and director of the Center for Nursing Research in 1989. She was named associate dean of graduate programs and research in 1991. She received the School of Nursing's Outstanding Faculty Award in 1985 and the alumni association's Phoebe Kandel Rohrer Award in 1992. ■

Training Program Represents 34 Years of Funding

Christine Hurley Deriso

A research training grant originally awarded to the Medical College of Georgia in 1965 was recently renewed through 1999.

The grant, which helps fund the education of students earning a Ph.D. in reproductive endocrinology, is awarded by the National Institute of Child Health and Human Development, a division of the National Institutes of Health. The grant is generally awarded for three to five years. Dr. Virendra B. Mahesh, program director, reapplies for extensions. Dr. Mahesh is a Regents professor and chairman of the MCG Department of Physiology and Endocrinology.

The latest funding, $244,390, will pay stipends and educational fees for three reproductive endocrinology students, selected based on academic achievement and commitment to research. Reproductive endocrinologists study hormonal and other physiologic aspects of reproduction. At MCG, such research has led to the development of birth control pills and fertility pills.

"This is 34 years of continuous funding, which attests to the quality of our nationally competitive research training program in reproductive endocrinology," Dr. Mahesh said. "I think the success of the program is attributed to the quality of trainees we've been able to attract, to the quality of the program and to the faculty members who have guided the trainees through the program."

Forty-four students have received funding through the grant since its inception, Dr. Mahesh said. All 44 have since earned their doctorates. Of those who perform academic research, 60 percent have obtained funding from the National Institutes of Health for their work. Past recipients also hold prestigious positions in medical and corporate research throughout the United States, Dr. Mahesh said. ■

1994 School of Graduate Studies Alumni Association Officers

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Dr. Kirch Gauges School's Vital Signs

Toni Baker

The dean of the Medical College of Georgia School of Medicine has taken the school's vital signs and found them sound.

"It has been the greatest professional honor of my career to join this leadership group and especially to become a member of this faculty," Dr. Darrell Kirch said May 31 in his first state of the school address. "More than anyone else, the faculty deserves credit for the fact that the state of our school today is so strong. The leadership can develop a plan, but our vital signs ultimately are the product of our faculty." Dr. Kirch joined the faculty Feb. 7.

Multiple opinions concur with the dean's, including early feedback from recent site visits by groups such as the Liaison Committee on Medical Education. Also, *U.S. News and World Report* recently ranked MCG among the country's top-20 comprehensive medical schools, based on the opinions of deans, faculty and residency directors throughout the nation.

"There is a clear common theme here. Whether we are being examined by our accreditation bodies, by other deans and training directors, by other academic medical centers seeking faculty members or by one of the nation's most prestigious foundations, our vital signs appear sound," Dr. Kirch said.

A record 2,000 people applied for the school's 180 entering freshman positions last fall. Of the 384 Georgians accepted last fall to medical schools anywhere in the United States, those who opted for MCG had significantly higher grades and Medical College Admission Test scores than Georgians who went elsewhere.

"The conclusion is clear: Today, the better students are choosing us," Dr. Kirch said.

The school's success is a testament to its proactive approach to health care, he said, citing examples such as the Ambulatory Care Center in keeping with the national trend toward increasing outpatient care and the innovative MCG Telemedicine Center to address the issue of rural health care.

Major management changes under way will further refine the school's ability to thrive, he said. The leadership of the school and its clinical components, MCG Hospital and Clinics and the Physicians Practice Group, are now the unified Clinical Enterprise. "Our clinical programs must be a single body, a single system where everybody adheres to the same standards, and where we can test new models of practice and collaboration within our system and outside our system," Dr. Kirch said. "We have to do this if we are going to respond effectively to the mind-boggling changes under way in the economics and delivery of health care. Too many other academic health centers clung to a past when they could afford to be fragmented, insensitive to costs, and even internally divisive. Now the marketplace has changed and expects us all to be well-organized, competitive, contractual health-care providers. The net result is that many academic health centers were left reeling."

The new Clinical Enterprise has unified leadership, planning and a sound financial base. "Some have questioned whether a Clinical Enterprise is too centralized or too corporate for an academic center. The answer is simple. For academic centers, being decentralized too often is a euphemism for being Balkanized, inefficient, and user-unfriendly. Being corporate in the best classical sense of the term actually should be our goal."

The School of Medicine also is taking an aggressive, synergistic approach to the increasingly competitive research arena.

"In the current climate, our science will thrive only if we avoid diffusion," Dr. Kirch said. "Rather than dilute our research efforts, the scientists on campus must selectively develop a limited number of focused areas in which we have the greatest scientific potential," Dr. Kirch said. These areas range from long-established foci such as heart development and sickle cell disease to new areas such as cell signaling, immunology and telemedicine. MCG researchers will work with faculty at the University of Georgia and Georgia Tech to maximize the potential in these areas.

Challenges ahead include curriculum developments such as a new patient-doctor course for first-year students and a number of emerging multimedia instructional aids.

Minority recruitment and overall faculty development are critical, Dr. Kirch said.

"I am convinced that the real issue here is not one of somehow redefining the criteria for promotion or creating multiple new tenure and non-tenure academic tracks. The harsh reality is that

Dr. Darrell Kirch delivers State of the School address

rapid changes in both science and clinical care delivery make it increasingly difficult for faculty members to stay vital, on the cutting edge. The response we might hear at other universities is that every faculty just has to accept a certain amount of 'dead wood.' I know you agree with me that this is a pernicious notion with no place in our school. As a faculty, our challenge is to find ways to re-engage and revitalize any colleague who, for whatever reason, seems to stop contributing." Models that merit consideration include establishing senior fellowships for scientists who can no longer function as principal investigators but can work productively with other scientists and intensive training courses to cultivate new teaching skills.

"Our future does not really depend on which, if any, health-care reform bill passes Congress," Dr. Kirch said. "It does not really depend on how any other university or any other health-care system decides to compete with us or collaborate with us. It really depends on what we do. It depends on how thoughtful we are, how bold we are, how innovative we are. You have all those qualities. Because of that, I will be standing here in a year telling you about even more dramatic progress." ■

Orthopedist Named Society's President-Elect

Dr. Donald E. Baxter ('69), an orthopedist and director of the Foot Service and Foot and Ankle Fellowship at Baylor College of Medicine in Houston, has been named president-elect of the American Orthopaedic Foot and Ankle Society.

The society advances research and educational objectives in foot and ankle care and is the leading medical organization for orthopedists with a special interest in foot and ankle problems.

After graduating from the Medical College of Georgia, Dr. Baxter completed an internship at Hermann Hospital in Houston, an orthopedic surgery residency at the University of Texas Hospitals and a fellowship in foot and ankle surgery at the University of California, San Francisco.

He is a clinical professor of orthopedics at the University of Texas Medical School and at Baylor. He serves on the staff at Methodist, Hermann and Memorial hospitals.

Dr. Baxter is past president of the Houston Orthopaedic Society and past president of the American Orthopaedic Foot Club. He is a member of the American Academy of Orthopaedic Surgeons, the American College of Surgeons, the Harris County Medical Society and the Texas Medical Association. He is associate editor of *Foot & Ankle*, the American Orthopaedic Foot and Ankle Society's journal. ■

School of Medicine Faculty Honored

Toni Baker

The graduating class of the Medical College of Georgia School of Medicine honored Dr. Ruth-Marie Fincher, internist and associate dean for curriculum, as its educator of the year and the Department of Medicine as the Outstanding Clinical Science Teaching Department at the school's annual Faculty Assembly May 31.

Dr. D. Greer Falls, associate professor in the MCG Department of Pathology, was honored by the class of 1996 as its educator of the year and Dr. Thomas A. Weidman, associate professor of cellular biology and anatomy, received the educator of the year award from the class of 1997.

The Department of Cellular Biology and Anatomy was honored as the outstanding basic science teaching department by the class of 1996.

Excellence in teaching awards were presented by the class of 1994 to Dr. Lori Brown, a urology resident, and Dr. Katrina Avery, an obstetrics and gynecology resident.

Ten medical school faculty members were honored by fellow faculty. Distinguished faculty awards went to Dr. Frank A. Treiber, associate professor, Department of Pediatrics, for clinical science research; Dr. Titus H. J. Huisman, Regents professor, Department of Biochemistry and Molecular Biology, for basic science research; Dr. Jay R. Varma, professor, Department of Family Medicine, for clinical science teaching; Dr. Terrance A. Stoming, associate professor, Department of Biochemistry and Molecular Biology, for basic science teaching; Dr. Edward S. Porubsky, professor and chief, Section of Otolaryngology, for patient care; and Dr. Jeffrey M. Brandsma, professor, Department of Psychiatry and Health Behavior, for institutional service.

Also, Dr. Marshall B. Allen Jr., professor and chief of the Section of Neurosurgery, was recognized by fellow faculty as a distinguished faculty member. Dr. Mark J. Messing, assistant professor, Department of Obstetrics and Gynecology, received the Outstanding Young Clinical Science Faculty Award.

Dr. Darrell W. Brann, assistant professor, Department of Physiology and Endocrinology, and Dr. Kailash N. Pandey, associate professor, Department of Biochemistry and Molecular Biology, were given the Outstanding Young Basic Science Faculty Award.

Also, School of Medicine faculty senate officers for 1994-95 were announced, including president, Dr. Bashir A. Chaudhary, professor, Department of Medicine; vice president, Dr. Clarence Joe, assistant professor, Department of Radiology; secretary/ treasurer, Dr. David F. Scott, associate professor, Department of Biochemistry and Molecular Biology; and president-elect, Dr. Susan P. Porterfield, associate professor, Department of Physiology and Endocrinology. ■

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MCG To Offer Nurse Anesthetist Program

Christine Hurley Deriso

The Medical College of Georgia School of Nursing will offer the state's only nurse anesthetist program beginning fall 1995.

The University System of Georgia Board of Regents approved the program in July, according to Dr. Vickie A. Lambert, dean of the School of Nursing. The school will recruit a coordinator and two faculty members for the program. The American Association of Nurse Anesthetists will evaluate the program this fall to lay the groundwork for accreditation.

Nurse anesthetists, who earn a graduate degree in the specialty after earning an undergraduate degree in nursing, perform pain-control services.

MCG's program should help alleviate the shortage of nurse anesthetists in Georgia, Dr. Lambert said.

"There is a great need for certified nurse anesthetists in Georgia," she said. "The state has been without a program for more than a decade."

"The need for nurse anesthetists is particularly acute in rural Georgia," said Dr. Joseph Maloney, associate professor of adult nursing at MCG who helped develop the program along with Dr. Virginia Kemp, associate dean for graduate programs and research.

Five students will be admitted to the program in fall 1995, Dr. Maloney said. Eventually, 15 students will be admitted per class. "The phone is already ringing off the hook (from those interested in applying)," he said.

The School of Nursing worked closely with MCG's School of Medicine Department of Anesthesiology to develop the program, Dr. Lambert said. "This is truly a collaborative effort," she said. ■

Nursing Faculty, Students Honored

Christine Hurley Deriso

Several Medical College of Georgia School of Nursing faculty and students were honored during the school's 1994 honors convocation June 4.

Student honorees and their awards were:

- Lydia Jean Omahen, Dean's Award for Best Essay by a Senior Student, for her essay, "Sick at Heart: A Look at Women and Heart Disease."
- Dana Ramer Jenkins, E. Louise Grant Clinical Practice Award, which honors a senior's outstanding clinical practice.
- Sharon Wood Pendley, Community Nursing Clinical Practice Award, which honors a senior's outstanding clinical practice in community nursing.
- Christy Lynn Espenshade, Hildegard Peplau Award, which honors a senior who demonstrates excellence in psychiatric nursing.
- Betty M. Meachum, Alumni Association Award for Best Thesis for her thesis, "Children's Perception of Stressors and Coping Strategies."
- Debra Dawson Hatmaker, Drs. Vickie A. and Clinton E. Lambert Nursing Scholarship Fund, which honors a graduate student's scholarly written work.
- Robert Frank Domaleski, Leilee P. Ault Clinical Excellence in Graduate and Adult Nursing Award, awarded by the Department of Adult Nursing.
- Michelle Anne McCorkle, Betty M. Golden Scholarship Award, named in honor of MCG's former associate hospital director and director of nursing.
- Susan O. Roland, Rebecca Andrews Scholarship Award, which honors an undergraduate interested in emergency nursing and is named in honor of MCG's director of emergency services until Ms. Andrews' death Dec. 20, 1993.
- Sandra N. Salter, Spirit of Nursing Award, a leadership award given by the Army Nurse Corps.
- Jeffrey Hornung, MCG Faculty and Spouse Club Scholarship Award, which awards academic excellence.

Faculty honorees and their awards were:

- Dr. Joyceen Boyle, professor and chairman of the Department of Adult Nursing, E. Louise Grant Faculty Scholarship Award, which honors outstanding research and scholarship.
- Dr. Joseph P. Maloney, associate professor in the Department of Adult Nursing, Outstanding Faculty Award, which honors outstanding teaching, scholarship and service. ■

Dr. Joyceen Boyle

Dr. Boyle Receives E. Louise Grant Award

Christine Hurley Deriso

Dr. Joyceen Boyle, professor and chairman of the Medical College of Georgia Department of Community Nursing, has been awarded the school's first E. Louise Grant Faculty Scholar Award.

The award helps fund the research of a full-time School of Nursing faculty member whose work is deemed outstanding by a selection committee.

The award is named in honor of E. Louise Grant, who headed the University of Georgia's nursing department from 1951 to 1956 and was named dean when the department was transferred to MCG and established as its nursing school. She retired as dean emeritus in 1971 and died in 1993.

"I feel very honored to receive this award," Dr. Boyle said. "Obviously, research in the School of Nursing meant a great deal to Ms. Grant. I'm very pleased to have been chosen the first recipient of the award."

Dr. Boyle has extensively studied health matters of diverse groups of people, including Navaho Indians, Iraqis, Central American refugees, the elderly and the home-

less. She recently helped form the Qualitative Research Group, which consists of nursing students and faculty from several universities who pool research findings associated with AIDS and related health issues.

The research toward which she will apply her award deals with African American care-givers of family members with AIDS. She will try to determine issues such as cultural aspects that influence care-giving in this population; the beliefs and practices associated with HIV disease in this population; and how the care-givers promote their own health.

Dr. Boyle earned a bachelor's degree in nursing from Brigham Young University in Provo, Utah, a master's degree in public health nursing from the University of California at Berkeley and a Ph.D. in nursing from the University of Utah in Salt Lake City. She joined the MCG faculty in 1988. ■

Ms. Wiggins Named President-Elect

Sara S. Wiggins, trauma nurse coordinator at the Medical College of Georgia, has been elected president-elect of the newly established Georgia Division of the American Trauma Society.

Mrs. Wiggins begins a one-year term as society president in January 1995. She earned her bachelor's degree in nursing from the MCG School of Nursing and is completing her master's degree. She served as director of nursing for McDuffie County Hospital in Thomson and for Wills Memorial Hospital in Washington before joining the MCG Hospital nursing staff in September 1991. She became trauma nurse coordinator in September 1992.

Mrs. Wiggins has been a member of the American Trauma Society since 1987 and is chairman of the Georgia Emergency Nurses Association Committee on Trauma. Her other memberships include the American Association of Critical Care Nurses, the Society of Trauma Nurses and the American Burn Association. ■

Alum Authors Documentation Book

Fay Yocum, a 1980 graduate of the Medical College of Georgia School of Nursing master's program, has written and self-published a book to enhance nurses' documentation skills.

Documentation Skills for Quality Patient Care is written for students andprofessional nurses who want to develop or strengthen documentation skills, Ms. Yocum said. The book reviews nursing documentation needs and outlines the regulations nurses must adhere to.

"The book describes what needs to be documented as well as techniques and pitfalls of documentation," Ms. Yocum said. Examples of nursing notes based on actual clinical experiences are included.

Ms. Yocum, who has had some 25 years of experience in military and civilian nursing, recently co-developed and implemented a documentation system for a 123-bed hospital. She currently is a clinical nurse at Wirght-Patterson Air Force Base in Dayton, Ohio.

To order the book, call 513-845-3617. ■

Ms. Knapp Named ET Nurse of the Year

Frances Knapp, a certified enterostomal therapist at the Medical College of Georgia, has been chosen the United Ostomy Association's 1994 Enterostomal Therapy Nurse of the Year.

The annual award is presented to an enterostomal therapy nurse from the United States or Canada in recognition of contributions and service to the association and to the patients the organization serves.

Ms. Knapp was chosen for her "limitless contributions to and support of the Ostomy Association, outstanding leadership and tremendous humanistic qualities and compassionate care," according to the association.She also was cited as "truly one of nursing's finest, always willing to go the extra mile, and for her unmatched skills in patient education and promoting adjustment for ostomates."

Ms. Knapp was one of the first enterostomal therapy nurses in Georgia and the first in the Central Savannah River Area. She has practiced the specialty at MCG since 1973. In 1972, she helped form the Augusta Area Chapter of the United Ostomy Association and has been an active member since then. ■

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...continued from page 19

The consolidated deanship in the Schools of Medicine and Graduate Studies is an attempt to streamline administrative duties, Dr. Tedesco said. "We want to consolidate the two schools' programs while maintaining their integrity and decreasing bureaucracy," he said. "We will see how it works, then make a permanent decision.

"Dr. Greenbaum has done an outstanding job in bringing this institution to a higher level in the area of research," Dr. Tedesco said. "The leadership he has provided the institution in the research arena will be a cornerstone as we continue our research development."

Dr. Kirch agreed. "He very smoothly made the transition from being a respected researcher in his own right to looking at the larger picture (at MCG)," Dr. Kirch said. "He has done an outstanding job." ■

Class Notes

School of Allied Health Sciences

Anthony R. Gordon (respiratory therapy, '89) is a first-year resident at Hines VAMC/Loyola Medical Center in Chicago. He recently received his DPM degree from the William M. Scholl College of Podiatric Medicine in Chicago.

School of Dentistry

Obituaries

Dr. Barry D. Harris ('74) died Nov. 2, 1993. He had a general practice in Marietta, Ga.

School of Graduate Studies

Dr. John B. Black, professor of biology at Augusta College, has been awarded Augusta College's 1994 Outstanding Faculty Member Award, Louis K. Bell Research Award and Town and Gown Award, the latter which awards his efforts in uniting the college and the community.

Martha J. Waldrip (MSN '77), Colbert, Ga., is a staff nurse at St. Mary's Hospital in Athens, Ga. Her husband, Norman, retired, and they moved to Colbert so she could continue working part time.

AlumNews

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Glenn Hudson
Design Travis Tom
Photography Phil Jones

Dr. Marilyn Hockenberry-Ealon (Ph.D. in nursing, '92) and ***Dr. Pilene Minick*** received the 1994 Oncology Nursing Society/Upjohn Company Quality of Life Award for their research, "Living with Cancer: Children with Extraordinary Courage." Dr. Hockenberry-Eaton is director of advanced nurse practitioners at Texas Children's Hospital in Houston. Dr. Minick is assistant professor of adult health nursing at Georgia State University in Atlanta.

School of Medicine

Dr. William Ray Lynch Jr. ('80) was recently named a member of The American College of Physician Executives, the nation's only educational and professional organization for physicians in medical management. Dr. Lynch is president of William Ray Lynch Jr., M.D., P.A., in Melbourne, Fla. He is a member of the Brevard County Medical Society, the Florida Medical Association and the American Medical Association. He and wife Catherine have a son, Billy, 2.

Dr. F. Stuart Sanders ('82), Clarkesville, Ga., was the first recipient of the annual Heart of Gold Award presented by the Georgia Association of Cardiopulmonary Rehabilitation May 12 at the 16th annual Cardiopulmonary Rehabilitation Update at Jekyll Island for contributions to the field of cardiopulmonary rehabilitation in Georgia.

Dr. William Silver ('63), who practices head, neck and facial plastic surgery in Atlanta, has been elected a member of the Triological Society, an achievement society of otolaryngology-head and neck surgeons. In order to be accepted, potential members must write an original thesis to be be approved by the board. Dr. Silver's thesis was titled *The Medial Crural Tuck-up: An Original Procedure for Treatment of the Ultra Projecting Nose.* Dr. Silver also is writing a chapter in the December 1994 issue of *The Facial Plastic Surgery Clinics* on cartilage grafts and alloplastic implants for nasal reconstruction. This will coincide with "Rhinoplasty '94," one of the major courses given by the American Academy of Facial Plastic and Reconstructive Surgery, at which time Dr. Silver will be one of the faculty members. This year's course will be held in Key Biscayne, Fla.

Deadline for submitting information for publication in the winter issue of* Alumnews *is Nov. 7, 1994

Alumni! Let us know what's new with you by taking a moment to fill out this form. Also, please send us your curriculum vitae so we can keep your files up-to-date.

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Today's date

Name

Phone

School graduated from

Degree Class year

Street address

City State Zip

❑ Check if new address

Present specialty and place of practice or training

Professional news (attach additional page if needed)

Personal news (b&w photos welcome

Please send to: Christine Deriso; Alumni Center FI-100; Medical College of Georgia; Augusta, GA 30912

Dr. Frank C. Wilson ('54), Kenan professor of surgery and chief of orthopedics at the University of North Carolina at Chapel Hill School of Medicine, received the school's 1994 Distinguished Faculty Award. In 1993, the division of orthopedics established a $500,000 distinguished professorship to honor Dr. Wilson. The Frank C. Wilson distinguished professorship helps attract and retain highly qualified professionals in the orthopedics program.

Dr. Mims C. Aultman ('53), Washington, D.C., an internal medicine physician, retired in September 1993 after nine years as director of Health Care Services at a life care retirement center, the U.S. Soldiers' and Airmen's Home in Washington. Prior to that, he had retired from the U.S. Army after 25 years. His current "occupation" is doing what he wants to and traveling as much as he can afford. He traveled in December to Cape Town, South Africa and took a transatlantic cruise to Antarctica and the Tierra del Fuego.

Dr. Kay Knight Hanley ('63), Clearwater, Fla., a past president of the Florida Medical Association, has been elected to the American Medical Association's Council on Medical Service for a three-year term. Dr. Hanley is chairman of the AMA's Women in Medicine Advisory Panel and a Florida Medical Association delegate to the AMA. She is chairman of the Florida Physicians Insurance Company Board of Directors and served on the Florida Task Force on Government Financed Health Care from 1989 to 1991. She has practiced pediatrics for more than 25 years and is a fellow of the American Academy of Pediatrics.

Why One of the Best Doctors in His Field is in the Army Guard.

Dr. George Alexander is one of the leading cancer researchers at the National Institutes of Health. He is also a member of the Army National Guard. In fact, he made one of his greatest discoveries in a mobile combat hospital during a field exercise. As an explosion rocked the OR and he felt his skills stretched to the maximum, he discovered he was enjoying himself.

Lieutenant Colonel Alexander joined to serve his country and community one weekend a month and two weeks a year. In the Guard he has the challenges and experiences he could never find in a civilian hospital. He finds working with soldiers a deeply satisfying part of his medical career. He trains with them, lives with them, even parachute jumps with them. He has come to better understand his potential patients and how to implement preventive measures.

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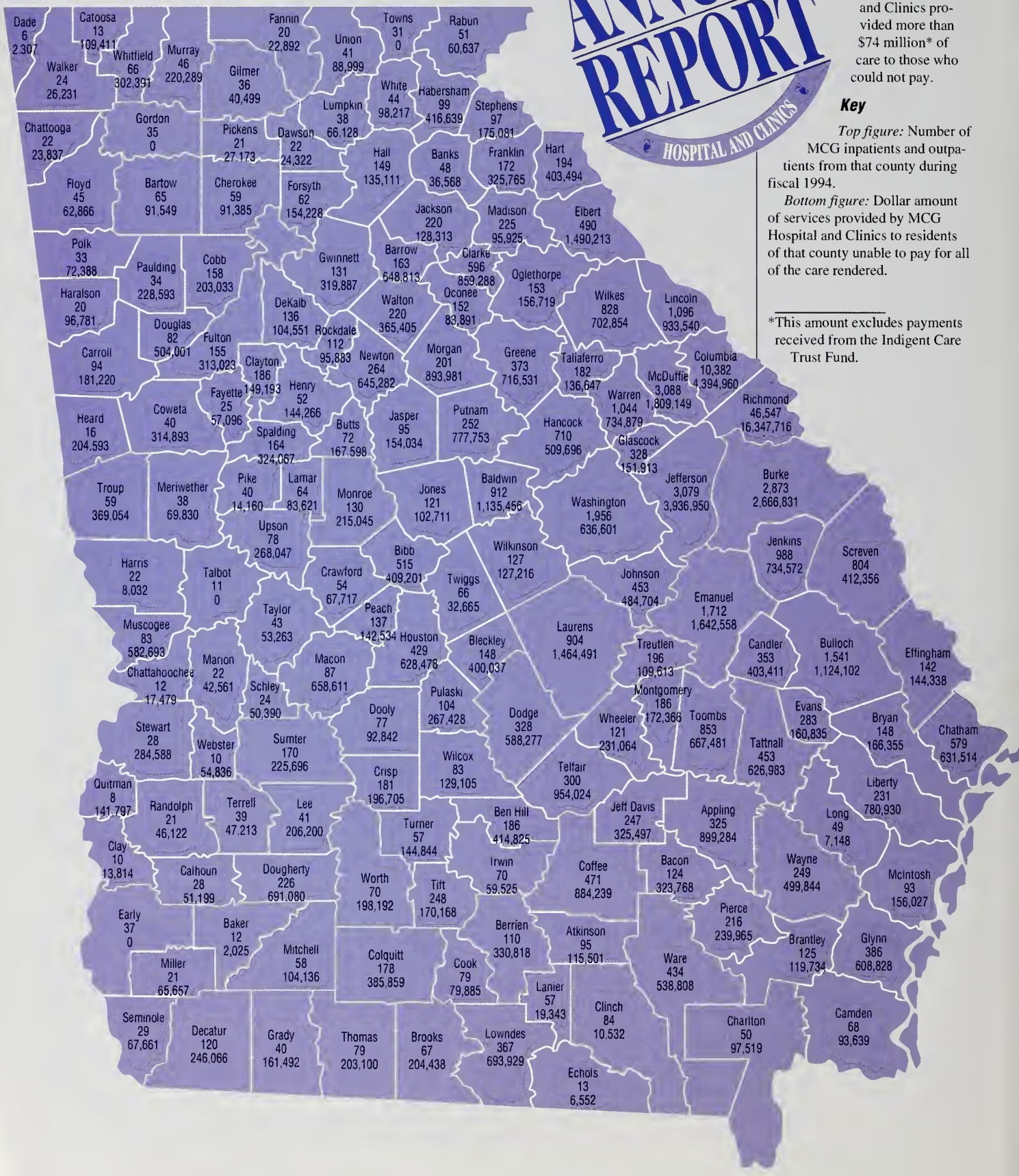
Key

Top figure: Number of MCG inpatients and outpatients from that county during fiscal 1994.

Bottom figure: Dollar amount of services provided by MCG Hospital and Clinics to residents of that county unable to pay for all of the care rendered.

*This amount excludes payments received from the Indigent Care Trust Fund.



Year in Review

The national focus in health care is on reform. No one knows for sure what path reform will take, but the Medical College of Georgia Hospital and Clinics is not passively sitting and waiting to see.

Instead, during the past fiscal year, MCG Hospital and Clinics was part of a restructuring to mold its expanding function as not just a hospital, but a coordinated health delivery system to meet the health-care needs of the future.

In addition to proactive structural adjustments, the hospital and clinics invested in its buildings, facilities and staff to guarantee quality, cost-effective patient care for the people of Georgia and the region.

Hospital Highlights

The MCG Hospital and Clinics' noteworthy achievements during fiscal 1993-94 include:

✔ The hospital's major role in formalizing a unified clinical enterprise encompassing the leadership of the hospital and clinics, the School of Medicine and the Physicians Practice Group. It consolidates the decision-making for strategic planning, clinical practice and establishing managed-care relationships.

✔ The growth of MCG's Ambulatory Care Center, with a 17 percent increase in patient-care visits.

✔ The establishment of the Health Care Referral Center, a consolidation and expansion of the existing MCG Consult Line and the GeorgiaCare/Contracted Care Office. The center centralizes scheduling for new patient appointments. The hospital and clinics entered into three new contracts for managed care this fiscal year, bringing the total of such contracts to 10.

✔ The establishment of the After-Hours Practice Site for contracted-care patients who have acute and semi-urgent health problems. Using a multidisciplinary approach, the site is staffed by physicians from the family medicine, internal medicine and pediatrics departments.

✔ The establishment of the Department of Dermatology's Mohs microscopic surgery program, primarily for face and neck cancers.

✔ Completed renovations for the child and adolescent psychiatry program's inpatient and day treatment and for a day treatment program for adults.

✔ The relocation and enlargement of the Georgia Sleep Center. The four-bed inpatient unit is used to monitor sleep disorders such as chronic insomnia, periodic breathing cessation and excessive daytime sleepiness.

✔ Construction within the Specialized Care Center to house MCG's second magnetic resonance imager, which will reduce the time required for images by half, from 30 to 15 minutes.

✔ Expansion of MCG's extracorporeal membrane oxygenation services to include adult patients.

✔ Growth of MCG's Sports Medicine Program, now in its second year. A new building has been purchased for its use.

✔ The acquisition and installation of new information systems for clinical pathology, radiology, pharmacy and medical records and transcription. The core total hospital information system and clinical information system are progressing rapidly.

✔ Implementation of the Pyxis medstation project, which automates medication-handling.

✔ The application of bar code labels to some 180,000 hard-copy medical records in preparation for the hospital information system and chart-tracking module.

✔ The hospital's full accreditation by the Joint Commission on Accreditation of Healthcare Organizations.

✔ The hospital's permanent certificate of occupancy for its Sydenstricker Wing, which was renovated to comply with the current Life Safety Code regulations.

CMC Highlights

A major highlight this year was MCG's progress in moving toward a free-standing hospital designed specifically with children in mind. The functional and space program for the Children's Medical Center was completed and architects selected to design the 150-bed facility. Ground-breaking is scheduled for fall 1995.

The center will be adjacent to the Specialized Care Center, which houses a 12-bed pediatric intensive care unit. A new 36-bed neonatal intensive care unit was awarded a certificate of need and will be located in the Specialized Care Center.

Plans have been completed for a new state-of-the-art Pediatric Heart Catheterization Laboratory in the SCC. Close to $3 million in capital equipment funds was approved in fiscal 1993 for the laboratory, which will serve not only the Neonatal Intensive Care Unit, but the Children's Medical Center as well.

Community and Support Services

The answers to a variety of medical questions are only a telephone call away with new services provided by MCG health-care professionals.

For instance, CancerCall is a free telephone service staffed by oncology nurses with access to a computer data bank filled with the latest information about all forms of cancer. The data bank is used nationally but was reviewed by MCG physicians who tailored the information to the Augusta region. CancerCall received 638 calls from its inception Dec. 1, 1993 to June 3, 1994.

Another public service of the hospital is Health Hot-Line, co-sponsored by The Augusta Chronicle. The first hot-line session, held in fall 1993, was devoted to women's health and resulted in 222 calls. In April, 19 physicians responded to 1,115 callers inquiring about topics such as menopause, heart disease, dermatology and impotence.

Still another means of reaching out to the public is Health Matters, a weekly series of television programs exploring contemporary health and medical issues. Co-sponsored by the Physicians Practice Group, each Health Matters program includes a feature story on a specific medical topic and interviews with MCG health-care professionals.

The Children's Medical Center began sponsoring a television series of 10 programs designed to heighten young people's interest in health care and provide insight into many contemporary issues.

In cooperation with Georgia's Medicaid service, a Medicaid specialist opened an office in the hospital to reach out to pregnant women and young children who might be going without services to which they are entitled.

MCG Hospital and Clinics also began participating in a Department of Medical Assistance pilot project designed to improve access to health care for Medicaid recipients. The project, Georgia Better Health Care, began in October 1993 and pairs patients with physicians who provide all primary care and authorize referrals for specialty care and inpatient services.

In yet another cooperative effort with state and local health agencies, the hospital and clinics began working with the Richmond

County Health Department to provide child safety seats and smoke detectors to anyone who qualified in the 13-county health district. An $84,000 allocation from the hospital's Indigent Care Trust Fund primary care funds is supporting the program.

For the convenience of out-of-town families and friends of patients, the hospital and clinics initiated a program offering reduced rates and other services at two Augusta hotels. The program is administered through the Volunteer Services Department, which also coordinates the Arts in the Hospital program and a program to encourage new mothers to read to their children.

For the tenth consecutive year, the hospital and clinics, Physicians Practice Group and American Red Cross sponsored a community health fair. More than 1,300 people attended.

Faculty and Staff

Patricia Findling-Sodomka, acting executive director of the MCG Hospital and Clinics, was appointed this year to the membership committee of the American College of Healthcare Executives. She has been a member since 1985 and a fellow since 1992.

Turnover among the hospital and clinics' 3,908 employees has been minimal throughout the year. For instance, the vacancy rate for registered nurses was reduced by more than 50 percent this year.

Fifteen-hundred employees of the hospital and clinics completed a Developing Services Relationships training program during the year. The program, initiated in October 1992, provides staff with skills and knowledge to allow them to work more effectively with patients, families and coworkers.

The hospital's Singled Out program honored 225 employees for special efforts to enhance a patient's hospitalization.

Research and Scholarly Activity

Research investigations under way include the emergency department's involvement in a stroke study by the Department of Neurology, a sickle cell anemia study by the Department of Medicine and an IGE trauma study by the Department of Surgery. Registered nurses throughout the Department of Nursing have conducted or are actively involved in research investigations related to patient care and staff education. Also, an amyotrophic lateral sclerosis research project by the physical therapy and neurology departments has been extended for a year. ■

Ms. Sodomka Named Acting Executive Director

Patricia Findling-Sodomka, associate hospital director for operations of the Medical College of Georgia Hospital and Clinics and administrator of the MCG Children's Medical Center, has been named acting executive director of the MCG Hospital and Clinics.

Patricia Findling-Sodomka

She succeeds R. Edward Howell, director of the hospital and clinics from 1986 to July 31, 1994. He left MCG to become director and chief executive officer of the University of Iowa Hospitals and Clinics.

Dr. J. Michael Ash, MCG vice president for fiscal affairs and planning, will chair the national search for a permanent executive director.

"Ed has done an outstanding job for us," Dr. Tedesco said. His leaving to run a 1,000-bed facility considered one of the country's top-10 academic medical centers is "a tribute to him and to us."

During Mr. Howell's tenure at MCG, extensive physical changes were made, including ongoing renovation of the 38-year-old Talmadge Wing and opening the $37 million Ambulatory Care Center/Specialized Care Center. Also, major strides were made toward a free-standing Children's Medical Center.

"I spent a lot of time in putting together the skeleton of this organization—the buildings, the infrastructure, the renovations," Mr. Howell said. "I have spent a lot of energy investing in the information system, the brain of the place. But it's really the people, who are the heart of the place, that I'm going to miss so much." ■

Wellness Program Stresses Healthy Lifestyles

The Medical College of Georgia Children's Medical Center has a new program that puts children, teens and their families on a track toward good health.

The staff of the CMC's wellness program offers individual and group nutrition sessions, teaching skills such as decreasing fat intake, reading food labels and ordering a healthy meal at a restaurant. Participants also learn behavior modification, aiming to shift from such sedentary pursuits as television and computer games to more physically active alternatives.

Childhood obesity can lead to emotional trauma, high blood pressure, high cholesterol levels, gallbladder disease and sleep apnea, which can be fatal.

As adults, 75 percent to 80 percent of obese children tend to stay obese and add to existing problems such as an increased risk for cardiovascular disease, diabetes mellitus and destruction of weight-bearing joints, said Dr. Margaret Renew, pediatrician and medical director of the CMC's wellness program.

Genetics is a factor in obesity; a child with one obese parent has a 40 percent increased risk of being overweight. That risk doubles if both parents are heavy, said Lisa Madaio, nutritionist, exercise physiologist and wellness program coordinator.

"(But) we do know that it's multifactorial, that there is a genetic component and an environmental component. So if children have a genetic predisposition to be obese and they are in an environment where they eat a high-fat diet and are not getting much physical activity, their chance of becoming obese is greatly increased," Ms. Madaio said.

Americans are getting heavier; studies indicate that as many as 35 percent of adults and children are obese, Dr. Renew said. "Kids are much more sedentary than they used to be," she said.

The CMC wellness program offers children and their families 12 weeks of individual and group sessions exploring the many factors contributing to obesity, high blood pressure and high fat and cholesterol blood levels. Young people are divided into two groups, 6- to 11-year-olds and 12- to 18-year-olds. Individual programs also are available.

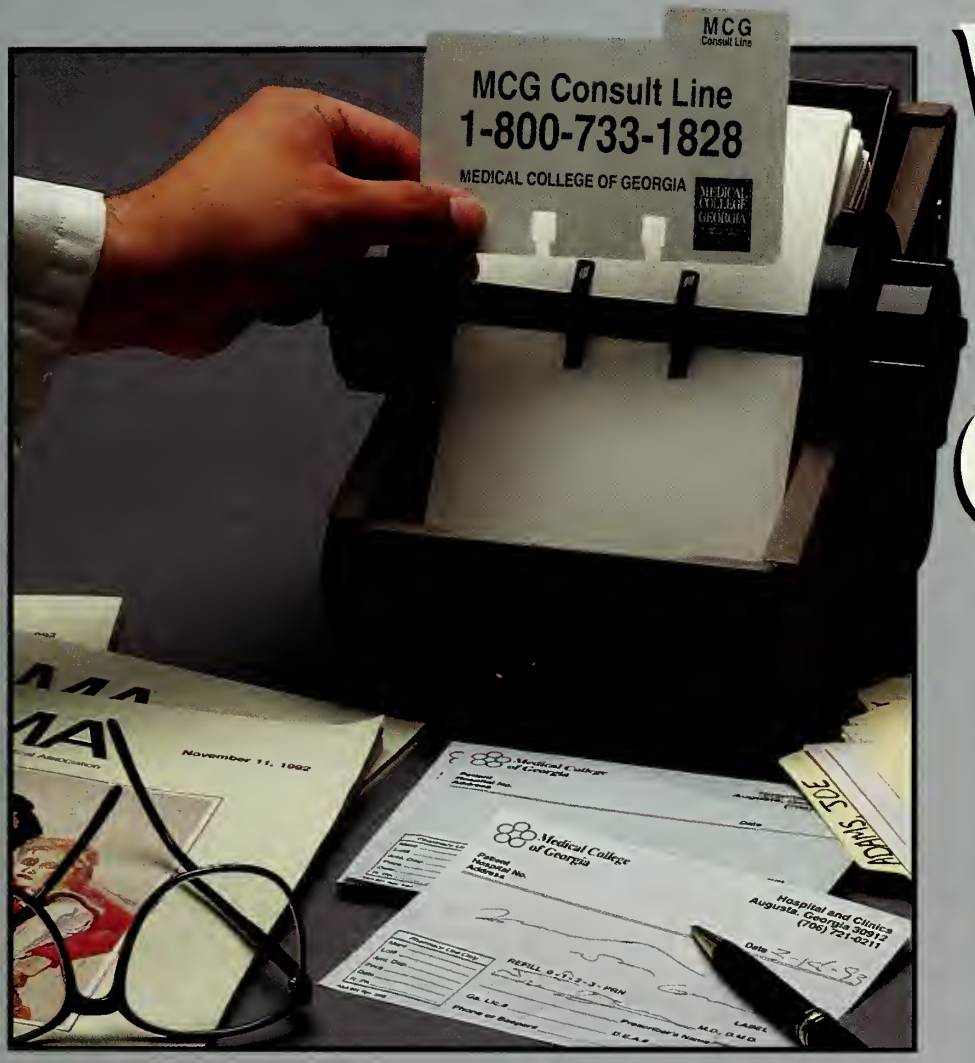
Participants receive thorough physical screenings which can be done through the CMC or the child's pediatrician. The staff welcomes self-referrals.

The key to success, the staff says, is family participation.

"The ground rules for the child are the same rules for the family," Dr. Renew said. "We are not putting anybody on a diet. We are teaching them how to live healthily." ■

—TONI BAKER

IF YOU'RE ON CALL WE'RE ON CALL.



By calling the MCG Consult Line, you can consult with a faculty physician, request a referral, discuss new patient care techniques and recent research findings, or even inquire about continuing education opportunities.

Your call will be answered 24 hours a day by a physician consultation specialist who will promptly connect you with the physician, service or department of your choice. If you do not know which physician or service to ask for, the specialist will assist you in identifying the appropriate MCG resource.

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Summary Statement of Current Funds Revenues, Expenditures and Other Changes

Year Ended June 30, 1994

	Unrestricted			
	Educational and General	Auxiliary Enterprises	Restricted	TOTAL
Revenue				
Educational and General Revenues				
Student Tuition and Fees	$7,156,710			$7,156,710
Federal Appropriations				0
State Appropriations	120,117,491			120,117,491
Local Appropriations				0
Federal Grants and Contracts	646,573		9,321,014	9,967,587
State Grants and Contracts	18,373		9,319,122	9,337,495
Local Grants and Contracts			1,046,200	1,046,200
Private Gifts, Grants and Contracts	107,196		31,667,198	31,774,394
Investment Income				
Endowment			79,955	79,955
Other				0
Sales and Services of Educational Departments	6,721,561			6,721,561
Other Sources	124,445			124,445
Patient Fees	192,369,491			192,369,491
Sales and Services of Auxiliary Enterprises		6,986,169		6,986,169
TOTAL REVENUES	**327,261,840**	**6,986,169**	**51,433,489**	**385,681,498**
Expenditures and Mandatory Transfers				
Educational and General Expenditures				
Instruction	75,134,722		30,907,999	106,042,721
Research	1,197,458		12,302,046	13,499,504
Public Service	2,512,045			2,512,045
Academic Support	7,649,198		120,266	7,769,464
Student Services	1,340,518		13,089	1,353,607
Institutional Support	8,187,752		755,342	8,943,094
Operation and Maintenance of Plant	8,224,862			8,224,862
Scholarships and Fellowships	833,452		884,001	1,717,453
Hospital Expenditures	217,141,504		6,450,746	223,592,250
Auxiliary Enterprises Expenditures		6,561,081		6,561,081
Mandatory Transfers				0
TOTAL EXPENDITURES AND MANDATORY TRANSFERS	**322,221,511**	**6,561,081**	**51,433,489**	**380,216,081**
Other Transfers and Additions/Deductions				
Excess Restricted Receipts Over Transfers to Revenues			4,214,073	4,214,073
Non-Mandatory Transfers	(4,540,050)	(349,308)		(4,889,358)
Adjustments—Prior Year	461,545	8,640		470,186
Lapse of Surplus—Prior Year				
To State Treasury—General Funds	(989,269)			(989,269)
To State Treasury—Lottery Funds				0
TOTAL OTHER TRANSFERS AND ADDITIONS/DEDUCTIONS	**(5,067,773)**	**(340,668)**	**4,214,073**	**(1,194,369)**
NET INCREASE (DECREASE) IN FUND BALANCES	**($27,444)**	**$84,420**	**$4,214,073**	**$4,271,048**

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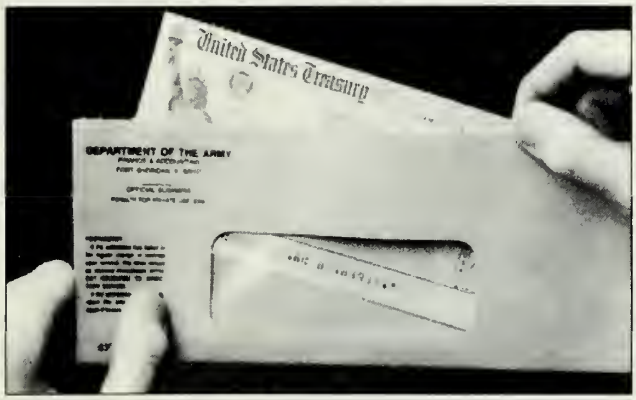

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Correction

Dr. Hervey Cleckley's first name was listed incorrectly in an article in the summer 1994 edition of *Medical College of Georgia Today*. We regret the error.

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PLANNED GIVING

Make Your Will Work Harder

Perhaps you have a will tucked safely away. Why change it?

Like most people, you may feel that when you made your will, you did your duty to your heirs. Maybe you found the process unpleasant or costly, and you don't want to go through it again.

That is understandable. But unlike most legal documents you've signed, your will should be updated from time to time to make sure it reflects your current wishes and circumstances. In short, you can make it better.

How to Look at Your Will

The gifts you make by your will to family, friends and philanthropies, such as the Medical College of Georgia, can take various forms. They can consist of cash or specific personal or real property. They can be paid as specifically mentioned items or from the residue. They can be given outright or held in trust. You can make a bequest for a designated purpose. A charitable gift can be unrestricted, restricted or contingent.

Gifts of cash, tangible personal property and your home are the simplest to visualize. Normally they're distributed before the residue of the estate.

If you have a spouse or children, you probably want them to have your personal effects, household furniture and automobiles. Presumably you'll want your spouse to get title to, or life use of, your home. Otherwise, perhaps it would be a suitable gift to an organization that can make good use of it.

You may have jewelry, art objects or other prized possessions you want to go to individuals who would especially appreciate them or to a particular institution for its collection.

Cash gifts are a way of expressing love and affection, providing for a particular need, rewarding somebody for past services or satisfying an obligation.

Disposition of the Residue

The residuary clause in your will disposes of the balance of your estate after taxes, creditors and administrative expenses have been paid, and after the bequests you have made of specific sums of money and items of property have been paid or delivered. Still, it probably will be the biggest part of your estate, so you should give it close attention.

What you do about the residue will depend on the size of your estate, the individuals, organizations and institutions you want to benefit, and potential estate taxes. For example, in a relatively small estate, outright gifts to one's beneficiaries make sense. But the larger one's estate, the more consideration should be given to trust arrangements.

Here are useful tips for disposing of the residue.

■ **Fractional shares.** If you want to divide the balance of your estate among several beneficiaries, think in terms of percentages or shares of the residue rather than fixed dollar amounts. You can't anticipate the ultimate value of your estate with any certainty, and this method will ensure that each beneficiary receives the same proportion, no matter what's let.

■ **Trusts.** A trust is a unique arrangement for the prudent management of your assets for the benefit of your spouse, children or others. You can provide for a trust to hold part or all of the residue of your estate. A trust lets you plan for your beneficiary's financial needs, even for that person's lifetime if you wish, and at the same time makes sure the remaining principal eventually will be distributed to other individuals or to charitable causes. In many situations, a trust can result in substantial estate tax savings.

Making a Valid and Effective Will

When the time comes for probate, the validity of a will seldom is challenged. But let's quickly review the rules.

To dispose of your property by will, you must be of sound mind and legal age. Even a person who is incompetent may at times have lucid moments when a valid will can be executed. A will made under threatening circumstances is invalid, however.

Generally, a will that was valid in the state where it was made remains valid if that person moves to another state. However, there are important reasons why you might want to have it updated: to confirm your new legal residence, to have local witnesses, to be certain your executor is qualified to serve in the new state and to include provisions facilitating distribution under the laws of the new state.

Many states allow the addition of a "self-proving affidavit" to a will. The document is notarized at the time of signing. Ultimately, the affidavit can be offered to the court for proof that the will was properly signed. If no one objects, the affidavit avoids the necessity of bringing one or more witnesses before the court after the testator's death to testify to the signing.

Don't Expose Your Estate to Chance

Preparing your will is an opportunity to plan how you can benefit your family, friends and philanthropies in a creative manner after your lifetime. Having set the plan in place may give you great peace of mind. For more information, please don't hesitate to call me at 1-800-869-1113. ■

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